



An intense dance aerobic workout with pulsating Latin and international songs and easy to follow moves

- When:** Wed. at 6:30 p.m. starting Jan. 18
- Where:** Dailard Elementary multipurpose room
- Cost:** \$7 per class or \$30 for 5 classes
15% of proceeds goes to Dailard PTF Health & Wellness Fund.
- Info:** Wear cross trainers or aerobic dance style shoes, comfortable clothes. Bring water and be ready to have fun!!!
- Contact:** (619) 807-1329 or ecragin@cox.net

Achieve long term benefits while having a blast!



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