

DANCEfit

What: A dance-inspired fitness class!

Where: A. Frost Dance Experience Studio

Northcrest Plaza, Peterborough, On

No dance experience necessary.

Adults only.

Bring water, non-marking indoor sneakers & towel.

When: Thursdays 7:30-8:15pm (see dates below)

First class is p.w.y.c.

10.00/drop-in

or

buy 4 classes up front for 40.00 & get 1 free!

Dates (please make note of these):

January 4, 11, 25

February 1, 8, 15, 22

March 1, 8, 22, 29

more dates will be added over time

if dates change/classes are canceled, you will be notified via email by 6pm (same day)
please ensure you are on the email list to receive updates