

Dance BASICS



# Dance BASICS

Fun, Family Fitness for Children & Caregivers

Try a class in a parent-supported & child-friendly environment

## LUNCHERCIZE!



**ZUMBA**  
fitness

or



**YOGA**

Enjoy a 45 minute workout and a Take Away Lunch  
Customized by The Blue Door Bistro

6 week session, only \$25\* per class



12-12:45pm-CHOOSE 1

Tuesday Zumba  
Wednesday YOGA  
Thursday Zumba

6 Week Session \$150

November 1 - December 8

\*\$15 custom lunch

+ \$10 fitness class

*class without lunch also available*



**106 North Street**

Thunder Bay ON P7C 3K9

(Caledonia Bldg, 319 Victoria Ave Rear)

DANCE

SING

STRETCH

MOVE

GROOVE

PARENT & CHILD

CHILD ONLY

ADULT ONLY

CLASSES

*Holiday Parties  
Birthday Parties*

For Class Details or to REGISTER visit:

**www.4dancebasics.com**

**627-2625**