



Latin / Ballroom/ Fitness Schedule
These classes begin the week of August 10th

Latin Dance Schedule

Classes are \$44.00 per person or \$70.00 per M/F couple.

Salsa 101-Beginners Salsa **Tuesdays 6-7 PM**

Description: Learn basic Salsa footwork, turns, and cross body lead.

This class will help you learn the basic fundamentals of Salsa and get you out on the dance floor

Bachata **Fridays 7:15-8:15 PM**

Description: Come learn this Dominican inspired Latin Dance, which is super fun, romantic & energizing.

Taste of Latin Dance(Salsa, Merengue, Bachata) **Fridays 6-7 PM**

A small sampling of different styles of Latin dance.

Fitness Schedule

Classes are \$40.00 for one for 4 weeks OR \$70.00 for Both!

Zumba- "Cardio Party" **Tuesdays 7:15-8:15 PM**

Come sweat off the weight this summer with this high energy Latin cardio workout. Working out to high-energy Latin inspired music such as Cumbia, Merengue, Salsa, Reggaeton, Reggae, and more!

Zumba 2 **Thursdays 7:15-8:15 PM**

Come strengthen your cardiovascular system with this high energy Latin inspired dance fitness party with music elements of the ChaCha, African beat, belly dance, Tango, Samba, and more!

Belly dance fitness **Thursdays 6:00-7:00 PM**

Basic belly dance moves to shed off inches on your waist as well as boost confidence levels

Women only! No boys allowed

We'll shake our way into fitness

Classes meet at:

Dance Alive! Dance Studio 11 W Division St Manteno, IL 60950 815-468-1820