ADULT DANCE FITNESS

Dance & Get Fit

This class incorporates a variety of dance styles and technical skills ranging from low to high impact. You will experience Soul Dancing, Cardio Hip Hop, Reggaeton, and more! Bring your dancing spirit, and be ready to "MOVE, SWEAT, & HAVE FUN!"

Tuesdays

7:00-8:30pm

All fitness levels welcome!

Ages 18+

Punch Passes are $20 for 5 classes

Dance & Get Fit only!

A single class is $5

9/6-12/20

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RALEIGH Parks, Recreation and Cultural Resources
parks.raleighnc.gov

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