

FEBRUARY 7 - MARCH 7

DANCE YOUR HEART OUT!

Brought to you by
JUSTMOVE
FITNESS AND MORE



626 Romence Road, Portage

FILL OUR BUCKET WITH HEARTS!

Every time you attend a dance fitness class this month, we'll put a plastic heart in a jar. At end of the month, we'll count the hearts and donate a quarter for each heart to the American Heart Association.

BELLYLESQUE
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National Wear Red Day, Fri, Feb. 7th, 7-8:30pm \$10

Wear red and learn bellydance moves and a fun burlesque routine to help you get in the mood for Valentine's Day!



Special

Zumba Classes



Week of 2/10: Red Hot Zumba!

Week of 2/17: Back in Time!

Week of 2/24: Battle Zumba!

Week of 3/3: Mardi Gras & Carnival!

Half-Price
Drop-in Zumba &
Flashback Fridays!
Only \$4

Flashback Fridays

Try out our newest dance fitness class!

2/21 & 3/7, 6-7pm

FLASHBACK
dance
FITNESS

We'll travel through time and dance to great hits from the 40s, 50s, 60s, 70s, 80s, 90s, and today! Low-impact but also high-energy, this class is for all levels of fitness and all ages. We'll twist, moonwalk, cupid shuffle and so much more!

WERQ Old Skool® Master Class, Sunday, March 2nd, 6:30-7:30pm \$12

Join WERQ® Co-Creator Julie Steffen for fiercely fun dance fitness! All proceeds benefit Prevention Works, Inc. of Kalamazoo!



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