

Cardio Hip-Hop

Beginner Level Fitness Classes



Cardio Hip-Hop fitness classes are provided by Rock City Dance

You are never too old to Dance even if you think you have two left feet! This dynamic cardio workout delivers results that will leave you sweating from a total body workout. Learn the latest Hip Hop moves from RCD's own Edith George, who brings her upbeat friendly style to class each and every week. This class promises fun and laughs for all that attend!

FREE DEMO class on Thursday April 1st from 6:00 – 6:55 pm.
Contact RCD to sign up for the demo class at (440) 243-4999.

When: Thursdays
Where: Brook Park Rec Center
Time 6:00 pm to 6:55 pm
Ages: 13yr to Adult

Session I: Each Thursday April 8 thru April 29, 2010
Cost: \$20.00 for the 4 week session
Register: Contact Rock City Dance at **(440) 243-4999**

Class Discount: add a second class such as ZUMBA on Tuesday evenings at 7:00 pm or Belly Dancing on Tuesday at 6:00 pm for an additional \$15.00!

www.RockCityDance.com

Rock City Dance Studio is located in Middleburg Hts on the corner of Webster & Pearl.