



# LaBlast

## LABLAST® DANCE FITNESS INTENSIVE

LaBlast® is a dance fitness format that combines the technique of ballroom dancing with the cardio and endurance training of the fitness world! Over the course of 4 weeks, participants will learn more than 8 styles of dance ranging from salsa to the waltz! The class will also incorporate cardio intervals, barre techniques for toning and other endurance training.

**4-week series on Wednesdays  
from 4:30-5:30pm**

**SEPT. 23, SEPT. 30, OCT. 7, OCT. 14**

**Location:** Meet at the squash entrance to walk to The Overlook

**Rain location:** Gymnasium

**Age group:** 12-18

**Registration deadline\*:** Sept. 13

*\*Must buy a \$60 package for the 4-week session. Drop-ins are not permitted. The max capacity is 20 participants.*

To sign up, email Krista at [kmccormick@boarsheadresort.com](mailto:kmccormick@boarsheadresort.com)