

Fitness

WITH THE RETRO

Are you a retro music fanatic? Start dancing to retro music for better fitness! The Retro Dance Workout choreography is fun and easy to follow. Before you know it, your heart rate is up and you are grooving and moving like never before!



RETRO DANCE workout

Instructor: Benjamin

Time: Wednesday,
7:30pm to 9:00pm

Fees: 4 sessions
Member | **\$109.00** w/GST
Guest | **\$130.80** w/GST

Venue: Aerobics Room