



EASTCOAST
dance&fitness

Studio Z – 45 Crane Ave East Longmeadow (West Entrance @ Healthtrax)

Is now offering...

For the month of **NOVEMBER**

Saturday 7th @ 9:15am – Zumba® + w/Kristina

Saturday 14th @ 9:15am – Zumba® + w/ Tiffany

Thursday 19th @ 6:30pm – Zumba® + w/Joanna
Saturday 21st @ 9:15am – Zumba® + w/

Thursday 26th @ 6:30pm – Zumba® + w/Joanna
Saturday 28th @ 9:15am – Zumba® + w/ Tiffany

If age is not specified then Teen & Adults are welcome.

1st Class at East Coast Dance & Fitness is FREE!

Please contact East Coast Dance & Fitness to register for the class

11/10/15

Classes will be cancelled if minimum required attendance is not met