



Adult Dance Cardio with Anna!



Adult Dance Cardio is an hour-long cardio-based dance class, focused on learning some basic dance steps while getting your heart rate up and having a dance party! No dance experience required! **COME DANCE WITH ME!**

Day: Tuesdays

Time: 1:00 PM - 2:00 PM

Fee: \$25/single class, \$175/8-class package* (Checks made out to Anna Fredeen)

Venmo also accepted: anna-fredeen

*Package expires 16 weeks after purchase

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Meets every Tuesday from 1:00 PM - 2:00 PM

Attire: comfortable clothing and sneakers

Bring water because we're going to SWEAT!

Name: _____

Phone Number: _____

Email: _____

Single class: \$25 (payment can be made at time of class)

8-class Package: \$175 (package expires 16 weeks after purchase)

Checks, cash, and Venmo are accepted!

- Checks payable to Anna Fredeen
- Venmo: anna-fredeen