

VIRTUAL DANCE PARTY

SUNDAY, MARCH 14
11:30 AM | FREE

AN EXCITING WAY TO GET YOUR CARDIO ON - A VIRTUAL DANCE FITNESS PARTY! YOU CAN TAKE THIS 45 MINUTE DANCE FITNESS CLASS FROM THE COMFORT OF YOUR HOME WHILE ENJOYING ALL OF THE BENEFITS THAT COME WITH DANCING AND CARDIO - STRESS RELIEF, INCREASED ENDORPHINS AND A GREAT TIME.

ALL LEVELS ARE WELCOME!

FOR MORE INFORMATION CONTACT FITNESS@BGFJCC.COM.

