

DANCE Your Way to A Healthier and Happier You!

Mondays from 1/18/21- 2/15/21 from 10:30 am-11:30 am

Move with GYMGUYZ Dance Instructor Alexis Moran as she leads you through her Latin Dance Life Movement Class. This introductory class is great for people of all ages and abilities and can be done from the comfort of your own home! Great music, great workout, great fun for all! For help with registering, call Jaclyn Murphy at 201-336-7403 or email at jamurphy@co.bergen.nj.us

Registration is required through this Eventbrite Link:

<https://www.eventbrite.com/e/get-fit-bergen-all-inclusive-latin-dance-classes-tickets-132959759219?aff=ebdssbonlinesearch>

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