



KATJANA BALLANTYNE
MAYOR



LaBlast

Ballroom Dance Fitness



LaBlast® is a revolutionary dance fitness program based on all the dances from "Dancing with the Stars." Take your mind, body and soul on a journey through Ballroom and Latin dances from different countries and cultures. "LaBlast is a workout in disguise"™ while learning the true skill of dance.
No partner necessary!

**Friday, November 1st and 8th at
9:00am at the Holland Street Center**

**For more information and to register,
contact Michelle at 617-625-6600 x2315**



Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or apomeroy@somervillema.gov.