



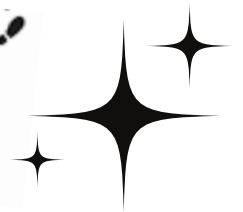
# LaBlast®

## 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!

**Five week program on Friday,  
December 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> and January 2<sup>nd</sup>  
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](mailto:apomeroy@somervillema.gov).

The City of Somerville can provide you with an interpreter in your language for free.

To request an interpreter, please contact us at [languageaccess@somervillema.gov](mailto:languageaccess@somervillema.gov) or call 311 (617-666-3311) at least 7 days in advance of this event.