

ESCAPE

From the same old workout

THURSDAY, 4:00 – 5:00

KUKUWA® DANCE WORKOUT

Only \$5.00 for ALL (members & non-members)

The KUKUWA® DANCE WORKOUT is the ultimate Caribbean and African dance workout.
It is a low impact, high energy, cardiovascular class
that pumps FUN through your veins!



Why not add some JOY to your workout? If you are ready
to work muscles you didn't realize you had
—come experience something new, and travel to the
Caribbean Islands without your passport!

NO DANCE EXPERIENCE REQUIRED!

***For more info contact: Karen 609.827.8886; kbosna28@yahoo.com;
www.yogacapemay.com***