

New!



Cardio Dance Party

Wednesday, March 12
4 pm | Pool Deck

Get ready to dance, sweat, and have a blast!

This unique workout combines various dance styles with classic hits from the '70s, '80s, and '90s, creating an unforgettable fitness experience. With easy-to-follow choreography and a relaxed, enjoyable atmosphere, this class is designed for everyone – no prior dance experience required! Taught by Michelle McMath.

Registration Required - Complimentary
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