

*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**  
**[lakewoodranchgolf.com](http://lakewoodranchgolf.com) | Mobile App**



*Lakewood Ranch*  
GOLF AND COUNTRY CLUB