

SHINE

DANCE FITNESS™

SHiNE Dance Fitness™ mixes current hit music with original choreography for the ultimate confidence-boosting, full body workout experience you didn't know you needed! We believe fitness should be inclusive, effective, sustainable and FUN. Come along! It's your time to SHiNE!

FITNESS SHOULD BE FUN



EVERYONE NEEDS A PLACE TO SHINE:

- Cardio + Toning
- Options for Every Level
- Fresh Routines Each Month
- Supportive Instructors
- Nationally Accredited (AFAA/NASM, ACE)
- Globally Recognized

SEE YOU ON THE DANCE FLOOR!

INSTRUCTOR

Niki Marthaller
585-481-5660

Joyce D'Imperio
585-409-4014



CLASS TIME

Mondays 5:15pm
Clark Meadows at Ferris Hills

Thursdays 5:30pm
Cobblestone Arts Center

Saturdays 8:30am
Cobblestone Arts Center

Sundays 8:45am
Cobblestone Arts Center

LOCATION

Clark Meadows at Ferris Hills
One Clark Meadows,
Canandaigua, NY 14424
Rayburn Hall

Cobblestone Arts Center
1622 Route 332
Farmington, NY 14425