



SHINE

DANCE FITNESS

THIS IS MY
HAPPY PLACE

- CURRENT HIT MUSIC
- ORIGINAL CHOREOGRAPHY
- ROOTED IN BALLET, JAZZ AND HIP-HOP
- "HARD HITTING" CARDIO BURSTS
- FULL BODY TONING- LEGS, ARMS, CORE
- EASY MODIFICATIONS FOR ALL ABILITIES
- POSITIVE, JUDGEMENT-FREE ATMOSPHERE

JOIN US FOR A CLASS!

- Sunday - 9:00 - Mendon Academy
- Monday - 5:15 - Clark Meadows
- Wednesday - 8:30 - Mendon Academy
- Thursday - 5:30 - Cobblestone Arts Center
- Friday - 8:30 - Mendon Academy
- Saturday - 8:30 - Mendon Academy