



City of East Providence
145 Taunton Ave.
East Providence, RI 02914



PRESS RELEASE

FOR IMMEDIATE RELEASE

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East Providence Recreation Dept. to offer LaBlast Dance Fitness FREE Demo class.

EAST PROVIDENCE, RI – The City of East Providence Recreation Dept. invites you to come learn more about LaBlast, Fitness powered by dance and meet instructor, Maura Boragine at our FREE demo class on Monday, February 10, 2025, from 6-7pm at the East Providence Senior Center, located at 610 Waterman Ave. Register online for the FREE demo class at

<https://eastprovidence.recdesk.com>

LaBlast, a revolutionary dance fitness program based on all the dances you see on “Dancing with the Stars” that fuses dance into a serious calorie burning workout that will get you into the best shape of your life! Take your mind, body and soul on a journey through ballroom-based dances from different countries, cultures and characteristics. LaBlast is a workout in disguise, while learning the true skill of dance!

It is a partner free class, designed for the absolute beginner to the experienced dancer that includes all components of fitness and uses a wide variety of music.

The Recreation Department will also offer a LaBlast six -week program on Mondays, February 24- March 31,2025 from 6-7pm. 6-week program Fee is \$30.

Register online for the six-week program at <https://eastprovidence.recdesk.com>

For more information, please call the Recreation Center at 401-433-6360.

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