



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



PRESS RELEASE

FOR IMMEDIATE RELEASE

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East Providence Recreation Announces Fall 2026 LaBlast Fitness Class

EAST PROVIDENCE, RI – The East Providence Recreation Department has announced the return of LaBlast Fitness, a revolutionary, partner-free dance fitness program based on the dances seen on *Dancing with the Stars*.

A workout in disguise, the program fuses dance into a calorie-burning workout designed to engage the mind, body, and soul while introducing participants to ballroom-based dances from different countries, cultures, and traditions. Designed for all fitness levels, LaBlast encourages participants to work at their own pace and intensity.

LaBlast will be held on Thursdays from October 1-November 5, 2026, at 6 PM at Breed Hall, 610 Waterman Ave., East Providence, RI 02914.

Registration fee is \$35 per person. Registration is available online at eastprovidence.recdesk.com.

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

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