

# LaBlast®

fitness powered by dance™

with Maura  
boragine.net/lablast

401-527-7619



CREATED BY  
**THREE TIME  
WORLD CHAMPION**  
**LOUIS VAN AMSTEL**

**DANCE FITNESS  
BASED ON ALL THE  
DANCES FROM  
«DANCING WITH  
THE STARS»**

**FREE DEMO Class Monday, 2/10/25**

Register at

[eastprovidence.recdesk.com](http://eastprovidence.recdesk.com)

#### CLASS SCHEDULE

2/24/25 - 3/31/25 **\$30/Person**

Mondays, 6:00 PM - 7:00 PM

#### CLASS LOCATION

East Providence Recreation Department  
610 Waterman Ave, East ProVidence, 02914

**PARTNER FREE • MUSIC FROM ALL ERAS AND GENRES • DESIGNED FOR ALL SKILL LEVELS**

Welcome to **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.

**FOR MORE INFORMATION ON LABLAST AND OUR FORMATS, VISIT: [LABLASTFITNESS.COM](http://LABLASTFITNESS.COM)**

