

NOW OFFERING MIXXEDFIT AT VWOA!

EVERY MONDAY

7PM FIRST CLASS FREE!

RATES: \$8 PER CLASS OR
\$25/MONTH

MIXXEDFIT
A MIX OF EXPLOSIVE DANCING & BOOT CAMP TONING

MixedFit® is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive – all of our movements are always big, exaggerated, full-out, and our very best. ALL Levels Welcomed!

FOR MORE INFO: 210-201-2873