

# *Dance Fitness!*

Practices are Mondays from 3:30-4:30 in the MPR

(location subject to change)

Grades K-8 Welcome!



*2017 - CIS Pythons of the Jungle*



*2016 - CIS Treasures of the Island*



*2015 CIS Ringmasters*

Dance fitness is a class for beginners and experienced dancers. We practice in a range of different styles from contemporary to zumba with a focus on participating in the annual Jr. Batabano parade. Participation available for full year or only second semester.

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