

## FuzeDance



Life dances, and YOU can move with it! FuzeDance delivers a cardio class that is gentle on the joints; nourishing, rather than pummeling them. FuzeDance is a whole-body, beat driven workout, "fusing" elements of Latin, Afro-Caribbean rhythms, and World music. A unique combination of martial arts, core strengthening, toning and stretching will heighten your body awareness. Cool down stretches will lengthen the muscles, leaving you refreshed and relaxed. Beginners and elite athletes alike, can adapt FuzeDance to meet their needs by choosing from three intensity levels.

### **Classes are:**

Monday & Wednesday

8:15 to 9:15a

Historic Kyle City Hall

Friday

4:30 to 5:30

Historic Kyle City Hall

**Click any thumbnail image to view a slideshow**



### **Web Links**

[Live Well Fitness](#)

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