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Sample nine Philly Dance Fitness classes in one afternoon

Try hip-hop, ballet, barre and more

from **Independence** 



Get up and dance. It can be a great form of exercise.

PHOTO BY DAVID HOFMANN/ ON UNSPLASH

It's time to branch out from your usual exercise routine. New year, new you, right?

In one afternoon, you can sample nine different classes offered at Philly Dance Fitness to find one (or more!) that interests you.

"Taste of Philly Dance Fitness," one the studio's most popular events, will take place on Sunday, Jan. 27, and Sunday, Feb. 24.

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Each date will have a different lineup of classes, plus healthy bites and refreshments to help attendees refuel. Tickets are \$35 and include more than two hours of dance. Check out the lineup for both dates below.

Jan. 27

- Cardio Pop
- African
- House Party Fitness

- Zumba
- Dance Party Boot Camp
- Barre
- Contemporary Fitness
- Frisky Friday Striptease
- Power Stretch & Sculpt

Feb. 24

- Zumba
- Hip-Hop
- Bollywood (BollyX & Bollywood Tech)
- Dance Party Boot Camp
- POUND Fitness
- Diva Pop
- Belly Dance
- Ballet Basics
- Power Stretch & Sculpt

Taste of Philly Dance Fitness 2019

Sunday, Jan. 27 and Sunday, Feb. 24

3-5:30 p.m. | \$35 per person

Philly Dance Fitness: South Philly location

1170 S. Broad St., Philadelphia, PA 19146

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