



Windham Pilates
& WELLNESS CENTER

Beginner Salsa With Lori & Jr.

**THURSDAY 7:30-9PM NEXT SESSION STARTS
November 12th**

NO EXPERIENCE OR PARTNER REQUIRED. Great exercise for everyone!

Do you love to dance, or just enjoy Latin beats? Our Beginner Salsa class is designed to help you learn basic foundations of salsa, turn patterns, combinations, that will provide enough knowledge to go out to a club for a night of fun!

And by the way, did we mention that Salsa Dancing is a FANTASTIC workout? You might just find a way to have fun while getting in some great exercise!

Program cost is \$90 per person for 6 weeks. Members and non-members are all welcome.

For more information about this or any of our programs
please call us at 603 505 4449 or email us at susan@windhampilates.com.