

# Dance Party Jam

With Linda Jensen



**DANCE PARTY JAM** is 1 hour of non-stop **FITNESS** and **FUN!!!**

Easy to follow and set to your favorite music including **HIP HOP**, **POP**,  
**REGGAETON** and more!!!

**Grab your tennis shoes and water!**

You don't have to be able to dance or have rhythm to sweat in these classes!!!

**\$5 per class or \$40 for a 10 punch card**



Join us Mondays at 4:30 for **FITNESS EXPRESS!**

45 minutes of your favorite tunes and cardio routines combined with arms and core  
toning!!!

**Grab your tennis shoes and water!**

**\$3.00 per class**

For more information contact Andrea 603-466-9866 or [apearl@gorhamnh.org](mailto:apearl@gorhamnh.org)