

# Join our NEW LaBlast Class!

**TUESDAYS 6:30-7:30 pm at Willoughby Hills Community Center!**



LaBlast's creator is **Louis van Amstel** from "Dancing with the Stars!" You'll have fun learning the dances seen on DWTS while enjoying a variety of music and best of all, burning calories & blasting away unwanted fat.\* LaBlast dance fitness is partner-free & for ALL ages, shapes and fitness levels. NO experience needed.

**\*Instructor Mary Beth Castell** has trained with Louis and has blasted away over 40 pounds so far this year through dancing/LaBlast. **Mary Beth's students have this to say about her classes:**

*"LaBlast is amazing and I have sooo much fun! I thought I'd be lost with learning steps but I get the hang of it and it feels really good to move around!" -Sarah H.*

*"Better, different, super fun, excellent workout, great music! LaBlast is incredible!" -Karen O.*

*"So much fun! This is the first exercise class I've ever taken. I was very comfortable from day one. Keep up the great work MaryBeth!" -Nicole G. Adds Heather Z... "I absolutely LOVE it!*

*"Awesome class. Wonderful teacher. I have muscles burning that I didn't even know were there. Best part is how much fun the class is!" - Olivia S.*

**WHEN:** EVERY TUESDAY 6:30-7:30 p.m. **Starts September 15th and you can join in any Tuesday thereafter.** You do **not** have to attend from start.

**WHERE:** **Willoughby Hills Community Center** 35400 Chardon Rd. Lower Level in the Schaefer Room. **Pay as you go.** No registration required.

**COST:** **\$7** a class for WH residents. **\$8** non-residents. **\$6** Seniors 65+

**Check in starts at 6:15.** Please arrive early as class starts promptly at 6:30.

Wear comfortable clothes & tennis shoes and bring a water bottle.

Contact Mary Beth with any questions: (440) 478-1041 or email:

LaBlastCLE@gmail.com