

Sunday, November 23, 2014 - Sunday, January 25, 2015

Cardio Dance Fusion

Company: MC Dance & Fitness

Venue: MC Dance

Location: Great Neck, NY

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<http://www.mcdancefitness.com/>

Are you ready to dance? This is a high energy, easy to follow one hour workout. Classes are choreography stacked and fuse street, Hip Hop and Jazz styles that are tailored to suit all levels, genders and abilities! They will leave you sweaty and smiling.

Contact for more information and our special promotions:

ditroia.elizabeth@gmail.com

MC Dance & Fitness
222 Middle Neck Rd
Great Neck, NY, 11021
(516) 441-5444

Schedule
November 19, 2014: 8:00pm

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