



RSV Mössling presents

SHiNE™

DANCE FITNESS



WER: Michaela Schützenhofer
WO: Turnhalle der Grundschule
Altmühldorf
WANN: Dienstag 20:00 - 21:00 Uhr
27.09., 04.10., 18.10., 25.10.
und 08.11.22
KOSTEN: Mitglieder 30 Euro
Nichtmitglieder 45 Euro
KONTAKT: 0176/922 622 40
michaela.schuetzenhofer@yahoo.de

SHiNE Dance Fitness™ is a place to be free! Suitable for beginners and experienced dancers alike, SHiNE is a full body cardio + toning workout based in traditional jazz, ballet and hip hop. Get ready to sweat, smile, shimmy, and shake your worries (and calories!) away, because this class is your new happy place!