Dance Theatre of Ireland

Centre for Dance

CARDIO SALSA

Tuesdays! 10 weeks only €90 – ENROL NOW!

CARDIO SALSA

Tuesdays 6.30 - 7.30pm!

Cardio Salsa involves the steps and rhythms of ***Salsa, Merengue*** and ***Cha Cha Cha*** within a high energy cardio workout done without a partner. Ideal for people who want to keep fit and have fun!

With **Paula Donnelly**.

To Register:

Email us at info@dancetheatreireland.com or call us on 280 3455

Or Print out and fill in our Registration Form (on the *Classes Page*) and return with your fee (cheque or postal order)

Or drop into our studio to register & pay in person

T 280 3455 F 280 3466
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the arts council / an chomhairle ealaíon
funding dance artscouncil.ie