



KEY BISCAYNE COMMUNITY CENTER ADULT FITNESS CLASS

CARDIO DANCE FITNESS



Come dance and sweat to hip-hop, salsa, merengue, reggae and reggae ton to hits from 80s, 90s and today!

No dance experience necessary!

This new high-energy, cardio dance class features songs from the 80s, 90s and today. You'll have a blast and get a fantastic workout while you dance to hip-hop, salsa, merengue and reggaeton. It's a party in every class! Class is taught by Key Biscayne resident Jackie Vilariño Estrella, former Miami Heat dancer and former captain and choreographer of the Miami Dolphins cheerleaders. She is the Director of Dance Tech Studios Miami.

TUESDAYS

9:30 – 10:30 AM

Oasis Room, 2nd Floor

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| Session 1 | September 3-24 (no class Oct 1) |
| Session 2 | October 8-22 (pro-rated 3 weeks) |
| Session 3 | October 29-November 19 |
| Session 4 | November 26-December 17 |



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| Member Fee | \$60/session or \$17/class |
| Non-Member Fee | \$72/session or \$20/class |