

Join us for an invigorating, Latin-inspired, dance fitness class. This class is exhilarating, great for beginners and effective. Low impact, total body workout for all ages!

**\$5
PER
CLASS**



**Certified Instructor!
Cheryl Bullerdick
boxer.bb@hotmail.com**

LUMBA GOLD



**TUESDAY AND THURSDAY
10:00 A.M.-11:00 A.M. AT THE
LYNDELL CONFERENCE CENTER**

423 Lyndell Lane
Panama City Beach, FL 32407



850-233-5045

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