

# Thanksgiving Holiday Cardio Jam



**If you have never danced, but always wanted to, this is the class for you! If you have danced before, and want to dance more, this is the class for you!**

**Saturday, November 27th  
9 - 10:30AM**

**My friend Shannon Anastasio is back! Come join us in a high-energy, jazz-dance inspired cardio workout. Guaranteed to burn lots of calories! Easy to learn choreography, set to a variety of music genres.**



Shannon has over 15 years experience in the health and fitness industry. She has various specialty certifications in bosu, bodywedge, zumba, and special populations.

Shannon also has extensive training in a variety of dance genres, including contemporary, jazz, ballet, and tap, and has choreographed and performed in various venues on the West and East Coasts.

Shannon is currently the Director of Group Fitness for Reach Fitness.

**Go to Contact Page to sign up!**

Pilates  By Danita  
A Pilates & Personal Training Studio