

Hip Hop Master Class with Nicole Blasi

Come join Master Trainer, Nicole Blasi in a fun and funky dance workout that will be sure to get you pumped up! No matter what your age or fitness level, you can have a blast while dancing your way into great shape. Feel good, look good and have fun!

Nicole Blasi is an accomplished dancer, teacher and choreographer. She began dancing at age three and was a member of the award winning Dance Explosion Performance and Competition Team where she held both regional and national titles, both as a soloist and group member. Nicole began choreographing and won Rhee Gold's "Young Choreographer Award" at the age of sixteen. Nicole became the Assistant Director for Dance Explosion School for the Performing Arts where she has trained many competitive dancers. She has taught and choreographed for many award winning dance companies, and performance troupes.

Nicole also holds a Bachelors Degree in Business Management from Mount Ida College and is the Assistant Fitness Director here at Healthworks in Chestnut Hill.



Location: Chestnut Hill Healthworks

Date: Monday, May 5th

Time: 6:30pm - 7:30pm

Note: No sign-up or fee required! Just show-up and enjoy!

Also, this class will replace the "Ananda Dance" for this evening only.

If you have any questions or concerns, please contact
jsakalis@healthworksfitness.com

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