

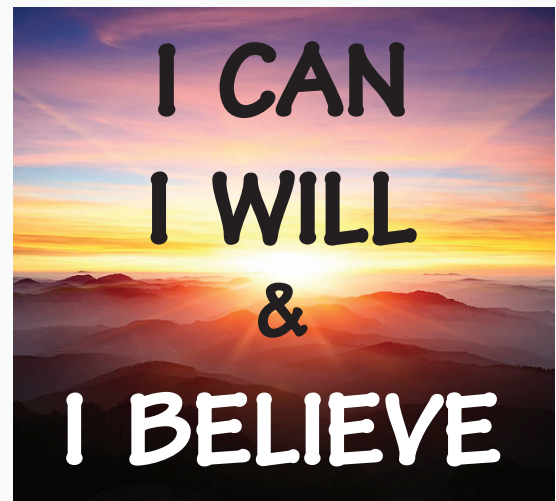
**NEW CLASS**

INTENSATI

# BODY MIND SPIRIT EXERCISE



**FUN \* INSPIRING \* EMPOWERING**



**FUN workout with cardio, dance, martial arts & yoga movements.  
Exercise with intention - speaking empowering affirmations.**

**Live a life you love in a body you love, NOW!**

**WEDNESDAYS 10:30-11:40am**

**FREE first class - bring a friend for extra fun!**

All ages & fitness levels welcome. Additional classes \$ 15.

**AGOURA HILLS DANCE: 5015 Cornell Rd, Agoura CA 91301**

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