

LaBlast Fitness is

Back in  
**BOLTON!**

Saturdays

9-10 am

\$5 walk-in rate  
begins Sep 15!

**Bolton Town Hall**

4949 Lake Shore Dr  
Bolton Landing NY 12814

*Dance Fitness based on all the  
dances from  
Dancing With the Stars!*

LaBlast is FUN, Inclusive,  
and effective!

YES, YOU can do it!

Please bring a set of  
light hand weights  
(optional)

Instructor:  
Patty Brown  
Questions?  
email  
patty.lablast@  
gmail.com



LaBlast®