



# WERKIN' . . . Dance Fitness

Small Group Training with Camila Pacheco

Werkin' is the word used by dancers when music and movement come together for an incredible performance.

Werkin' at Beach City Health and Fitness is when people discover the benefits, both mental and physical, of learning new dance moves and then putting those moves together.

Camila utilizes her education as a personal trainer and group exercise instructor with her history in dance and performance.

Each month you can experience a new dance style — Latin, Hip-Hop, House, Jazz, Country, Pop and more.

Most Werkin' Trainings are on Mondays and Wednesdays from 4pm - 5pm and are arranged to fit within the calendar month, so eight (8) sessions. Cost is normally \$80.

Occasionally this will change if there is a special performance coming up (like the club's annual anniversaries), or just to offer something more challenging.

Please call 843-681-6161 for information on the next Werkin' Small Group Training program.

