



# INSTRUCTOR CERTIFICATION

WITH MEGAN COOPERMAN



**SUNDAY**  
**FEBRUARY 4TH**  
**8:30AM-5:00PM**



**CARLISLE FAMILY YMCA**  
**311 S WEST ST.**  
**CARLISLE, PA 17013**



**\$199 EARLY BIRD**  
**\$249 WITHIN 2 WEEKS**



- promotes physical, emotional and mental health
- perfect blend of ballroom dance and fitness (no partner needed)
- water weight training
- music from all artists, genres & eras
- dancing in the water

EARN ACE, NASM, AFAA,  
SCW AND AEA CECS



**REGISTER ONLINE:**  
**[WWW.LABLASTFITNESS.COM](http://WWW.LABLASTFITNESS.COM)**