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Move your body - Let's Dance with Sarina Condello of Sasa Fit Sunday March 21, 1:00-2:00 pm

A Get Down to the Music of Disco and Motown - This class is NOT JUST A DANCE CLASS! It is a JOURNEY that ENCAPSULATES MUSIC and DANCE CULTURE and MEANING while MOVING and SHAKING your BODY in a MINDFUL and IMPOWERING WAY! Your time spent with Sarina Condello will be a blast and at the same time you will build a rhythmical intelligence in your body while developing dance endurance, fluidity and agility. Dancing to a soundtrack and embracing the Motown and Disco era, this movement and dance class will not only be very dynamic but entertaining as we.



Sarina Condello has been running dance classes for over 30 years. In 2021 Sarina, along with her business partner Sarah Ferris, launched a new platform designed specifically for Gen X + Baby Boomers. Combining the incredible benefits of dance for the brain and body, and fitness workouts for strength, this venture has reached hundreds of people across the country, keeping them fit, happy and connected especially during these challenging times. Sarina's Dance Memory Booster and Sunday Dance Club are the most popular dance experiences for her subscribers.



move to feel good

Sarina and Sarah are generously offering every participant of this event a one-month subscription to classes offered through www.sasafit.com