

WAKE UP



your workout

Dance Fitness at Heart & Sole Dance

'So fun, you'll forget you're working out.'

Mon & Wed 6:00p, Thur & Sat 9:00a
\$15/class, \$66 for 5, \$99 for 10

"People who did exercise that followed a rhythmic pattern lowered their levels of CRP (a protein in the blood that may raise the risk of heart disease) more than those who walked or jogged."

- Shape Magazine Feb. 2008

FREE WORKOUT

***Your first class is FREE. Come try it on US!
No memberships. No contracts. No gimmicks.***

Heart & Sole Dance

www.HeartSoleDance.com • 708.5.DANCES
7038 183rd St. Tinley Park