


# January 2024



## FRED ASTAIRE DANCE STUDIOS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  HAPPY NEW YEAR!!	2  NO CLASS	3	4  6:45PM SALSA/BACHATA	5  6:45PM BALLROOM BASICS 7:30PM DANCE PARTY	6
7	8  6:45 PM SWING/HUSTLE	9  7:30PM ADVANCED SALSA	10	11  6:45PM SALSA/BACHATA	12  6:45PM BALLROOM BASICS 7:30PM DANCE PARTY	13
14	15  6:45PM SWING/HUSTLE	16  7:30PM ADVANCED SALSA	17	18  WCDC COMPETITION NO CLASS	19  WCDC COMPETITION NO CLASS/PARTY	20  WCDC COMPETITION
21	22  6:45 PM SWING/HUSTLE	23  7:30PM ADVANCED SALSA	24	25  6:45PM SALSA/BACHATA	26  6:45PM BALLROOM BASICS 7:30PM DANCE PARTY	27
28	29  6:45PM SWING/HUSTLE	30  7:30PM ADVANCED SALSA	31			
<b>FRED ASTAIRE VISTA/OCEANSIDE 2020 HACIENDA DR. SUITE K VISTA CA, 92081 TEL: (760) 757-1700</b> ALL LEVEL GROUP CLASSES MONDAYS, THURSDAYS, & FRIDAYS at 6:45pm \$15 DROP IN RATE \$15 PRACTICE DANCE PARTIES FRIDAY AT 7:30PM NO CLASS/PARTY JAN 18 & 19 ADVANCED SALSA ON TUESDAYS AT 7:30PM \$15 DROP IN RATE MUST BE BRONZE LEVEL AND ABOVE TO ATTEND WCDC COMPETITION JAN 18-JAN 20 HYATT REGENCY LAX GOOD LUCK COMPETITORS!!						



### NEW YEAR, NEW YOU!

Dancing is a fun way to help you achieve all kinds of healthy goals this year...

- Control Weight & Promote Heart Health
- Increase Flexibility, Agility & Coordination
- Enhance Communication Skills
- Stimulate Joy
- Foster Social Bonds
- Express Creativity
- Learn Teamwork
- Boost Confidence
- Improve Memory
- Relieve Stress

*Life's Better When You Dance*

**CALL US TODAY!**  
NO PARTNER REQUIRED

