



MEDIA RELEASE

THE CITY OF WESTON

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INTRODUCING A NEW CLASS AT THE WESTON COMMUNITY CENTER

'BOLLY BABY FIT....MOMMY, LET'S TWIST!'

The Weston Community Center is now offering a fun and unique mother and baby postnatal fitness class through *Bolly Baby Fit....Mommy Let's Twist*. With the little one snuggled safely in their slings, new moms will dance into shape learning new dance moves to Salsa, Bollywood, African, Hawaiian and Bhangra beats while babies move along to music and movements from around the world. Mom and baby dancing have benefits for both mom and baby. These classes not only help new moms dance off pregnancy weight and lift their spirits, but also help babies become more alert. These classes give moms the opportunity to have fun, dance, laugh, make friends and bond with their baby.

CLASSES BEGIN: Thursday, February 17, 2011

CLASS DATES AND TIMES: Thursdays 10:00 a.m. – 11:00 a.m.

COST: \$75.00 for 6 sessions

For more information contact the Weston Community Center at 954-389-4321 located at 20200 Saddle Club, Road, Weston.

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