



ADULT DANCE CLASSES

Fit For Movement is a collective dedicated to dance, fitness, and wellness.

Current Fall Schedule:

Mondays, 10:30-11:45am, Ballet Intermediate/Open Level

Fridays, 7:15-8:15pm, Hip Hop (All Levels)

Classes are held at
Westport's Academy of Dance
345 Post Road West,
Westport, CT 06880

For more information please go to: www.fitformovement.com

Or email us at: contact@fitformovement.com

It's never too late to learn to dance!