




# CARDIO DANCE

## Fitness

*With Gisselle*

**Renaissance Senior Center at  
South Econ Community Park**

3800 South Econlockhatchee Trail, Orlando, FL 32829



**Tuesdays  
and Thursdays  
6:50 – 7:50 p.m.**

**\$7  
PER CLASS**

Cardio Dance is a mixture of cardio exercise and dance put together to promote a great exercise class, proven to be very effective and fun.



**407-254-9070 • [OrangeCountyParks.net](http://OrangeCountyParks.net)**



We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability. ANY SPECIAL NEEDS PLEASE CALL 407-836-6200.

