



Country Fit is a new fitness workout that incorporates country music and dance. Country Fit is designed for all levels and ages. Additional dance moves include country, latin, hip hop, jazz, and a touch of swing.

This is a total body workout! Learning how to dance and get an amazing workout while having fun!

Previous dance experience not required!

Country Fit is created and founded by Elizabeth De Gennaro. Elizabeth has been a dancer since the age of 2 and has been a fitness instructor for more than 10 years.. She has produced and directed her own Off Broadway show and previously owned her own dance studio. Her certifications include AFAA Personal Trainer, Zumba, Pole Dance, Pound, Zumbatonic, Barre Assets, and training in BOSU, Bootcamp, HIIT, and Cardio Tai Box. She is CPR/AED certified and the founder of Burlesque Booty Camp as well as Country Fit.

10 Weeks for \$70.00

Wednesdays

**Jan. 6, 13, 20, 27, February 3, 10, 17, 24, March 2 and 9
From 6:15 p.m. – 7:15 p.m.**

**At the Hanover Township Community Center
15 N. Jefferson Road, Whippany**

Pre-registration required

