

Ms Karen Lupo's  
**Sexy Latin Styling for Ladies**

Learn **AWESOME** moves and **TECHNIQUES** that will **DISPLAY**  
 yourself with **CLASS AND STYLE!!**

**Ultimate Dance Zone**  
 @ Innovative Fitness - Hauppauge  
 \*\* Sunday \*\*

Cost - \$15 p/p for one & a half hrs  
 11:30 am - 1:00 pm



- Styling concepts
- Arm & Finger Styling - Shoulder Styling - Sexy Hip & Leg Styling
- The Twist - The Tap Tap - The Sit
- The Bodywave - Cucarachas w/rib cage - Pivot, Spot & Pencil turns
- Basic stretches



**Attire** - Comfortable clothes - Sweats or tights for warm-up exercises & drills  
 + appropriate dance shoes - Any questions call Karen 631-732-1319

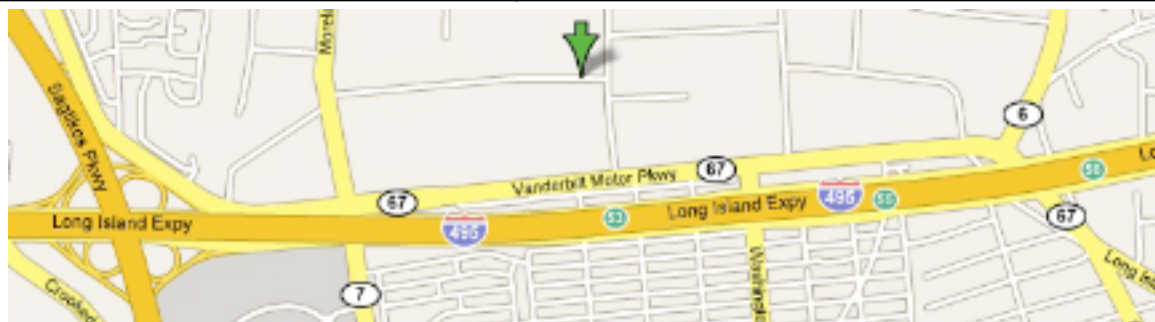
@ **Innovative Fitness** - 180 Commerce Drive(Innovative Fitness) - Hauppauge, LI, NY

**From the West**

- 1 - LIE to exit 53
- 2 - Take Wicks Road north(Go under LIE) to Commerce Drive
- 3 - Make right on Commerce Drive, go to the end of the block
- 4 - 180 Commerce is on the left (Innovative Fitness)
- 5 - We are located in Innovative Fitness

**From the West**

- 1 - LIE to exit 55
  - 2 - Take Right on Motor Pkwy to Adams(Chase Bank)
  - 3 - Make right on Adams (Chase Bank) go to Commerce Drive (traffic light)
  - 4 - Make left on Commerce Drive(traffic light)
  - 5 - 180 Commerce is on the right (Innovative Fitness)
- We are located in Innovative Fitness



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