



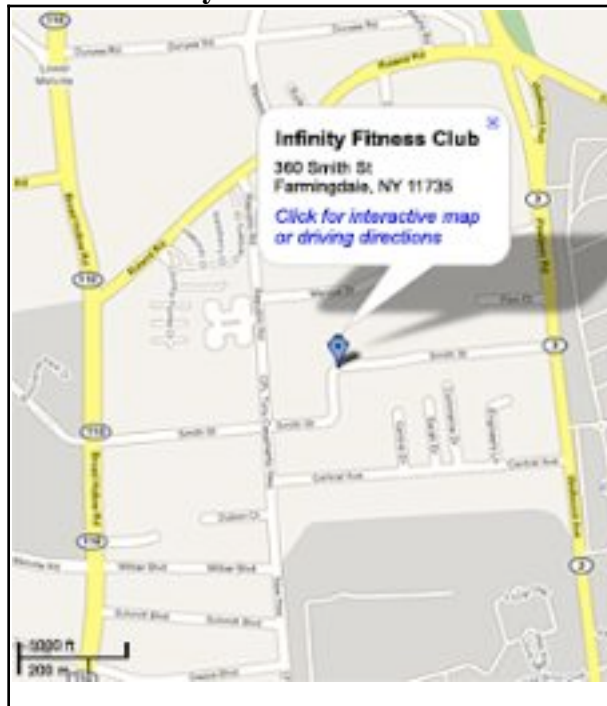
**Mark & Karen**  
**Lifts, Drops & Dips**  
**Ultimate Dance Zone**  
**@ Infinity Fitness - Farmingdale**  
**\*\* Sunday - Oct 19\*\***

**Cost** - \$15 p/p for one hr - 1:15 pm - 2:15 pm



**Attire** - Comfortable clothes - Sweats or tights for warm-up exercises & drills+ appropriate dance shoes - Any questions call Mark - 516-835-9996

**@ Infinity Fitness** - 320 Smith St - Farmingdale, LI, NY



**From the North**  
**From LIE**

- 1 - From LIE (exit 49S)
- 2 - South on 110
- 3 - Left @ Smith St (Traffic Light -  
- College - Hess Gas)
- 4 - Cross - New Highway - follow curve
- 5 - Infinity Gym - on right - 320 Smith St  
Farmingdale

**From the South**  
**From Southern State**

- 1 - Southern State (exit 32SN)
- 2 - North on 110
- 3 - Right @ Smith St (Traffic Light -  
- College - Hess Gas)
- 4 - Cross - New Highway - follow curve
- 5 - Infinity Gym - on right - 320 Smith St  
Farmingdale



**Mark James - 516-835-9996 - dannsirs@yahoo.com**  
**www.ultimatedancezone.com - www.mjames.org**