

# HOT BOD

**DANCE**

**SQUAD!**

with  
guest instructor

**JULZ ARNEY**

Nautilus West



**Wednesday,  
August 25<sup>th</sup> at 5:45**

This workout will put you center court, armed and dangerous with fun and simple to follow dance routines inspired by TV shows and music videos! Julz wants YOU on the HOT BOD Dance Squad. Don't delay..... Try-outs are TODAY! (COED)