Salsa I Class



Salsa Dance Class is held at Nelson Fitness Center every Friday evening Starting August 22, 2025

Principiante de Salsa (Beginner Salsa Dance)

This 45-minute class runs from 6 to 6:45 pm and is perfect for beginners or anyone wanting a refresher. You'll learn the basic salsa steps and a simple move to get you dancing with confidence.

Baile de Salsa avanzado (Advanced Salsa Dance)

This one-hour class runs from 6:45 to 7:45 pm and helps you level up your salsa. You'll learn fun spins and arm movements that make salsa stand out. Everyone is welcome. No need to take the beginner class first.



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