

# CARDIO DANCE FITNESS

with Fernanda Cedeño

[FernandaCedeno.com](http://FernandaCedeno.com)



My greatest joy is using my teaching skills, technical training and choreography to help people of all ages and levels discover their own abilities. My job is to make everyone look good, and I love my job. Join me!

## Morning & Afternoon Classes

### Monday

3:30-4:30pm\*  
Kids Dance Class  
See details below

### Tuesday

9:00-10:00AM  
Zumba  
Body Vibe Studio

### Saturday

10:45-11:45am  
Zumba  
Suzie's Studio

## Evening Classes

### Monday

6:30-7:45PM  
Zumba + Core  
Body Vibe Studio

### Tuesday

6:30-7:30PM  
Zumba  
Suzie's Studio

### Thursday

6:30-7:45PM  
Zumba + Core  
Body Vibe Studio

BodyVibe Studio | 999 Andersen Drive, Suite 170 San Rafael. (Just behind Smart & Final)  
Suzie's Studio | 425 Irwin Street, Suite B | San Rafael

## COMING SOON!

### KIDS DANCE CLASS!

Aug 29 - October 28  
Dance class for kids ages 5-7.  
Short performance on the last class.  
Mondays 3:30-4:30pm  
Price \$115 or Drop-In \$17. per class  
415-446-8073 | BodyVibe Studio

### SALSA LADY STYLE WORKSHOP

Get ready for the dance floor ladies!  
Saturday, October 21 • 1pm - 2:15pm  
\$15 Advance - \$20 at Door  
Register Now! 415-446-8073 | BodyVibe Studio

### SATURDAY ZUMBA!

Starts Sat., Sept 2 • 10:45am | Suzie's Studio