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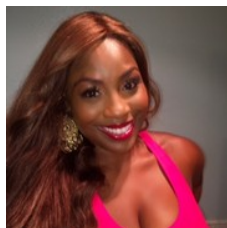
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## Lakesha Yvette Walker

LA Dance Fitness Examiner



Screenwriter Lakesha Walker knows gyms are not her friend, so she confides in dance for an ever changing workout. For sixteen years she's tried it all, and now it's your turn. Contact her at [dancefitnessexaminer@gmail.com](mailto:dancefitnessexaminer@gmail.com).

CONTACT

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## Fitness inspiration, motivation and support. Meet The DoubleTime Twins. February 26, 2014

Finding a dance class in LA that inspires, motivates and supports you is hard, unless you sign up to sweat with The DoubleTimeTwins. So what makes hanging with these two so different? Known as Ava and Loretta to their fans...



## James Brown: Get on the Good Foot, A Celebration in Dance. January 1, 2014

January 1, 2014

Looking for something fun to do Valentine's Day weekend that's sure to make you fall in love? Check out, James Brown: Get on the Good Foot, A Celebration in Dance, which hits LA and the Ahmanson...



## Escape the city and discover a new you with The Oaks at Ojai. December 1, 2013

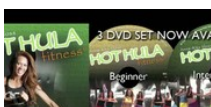
December 1, 2013

Located just 90 minutes outside of LA, The Oaks at Ojai has quickly become the go to destination for boomers, as well as anyone else looking to transform their mind, body and spirit with it's amazing dance classes...

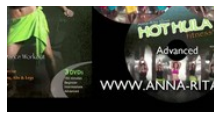


## Don't miss a Soulful Night at the Phoenicia, tonight November, 22nd, 8:00 PM. November 22, 2013

Seeing Solid Gold principal dancer turned motivational speaker, author, producer and choreographer Darcel perform is an experience no one should miss. You can catch her tonight as well as guest dance ensembles from the Y Dancers, Koko, and belly...



## Burn 300 to 1000 calories an hour with HOT HULA Fitness & HOT HULA Sculpt. October 6, 2013



If you want a home workout that will make you dance, pop and sweat helping you burn anywhere from 300 to 1000 calories an hour, it's time to check out HOT HULA Fitness. Now available in two releases...



### **Eat, Drink, Dance: Celebrate 50 Years of Flamenco at El Cid**

September 14, 2013

We could all use a weekend that involves more than just errands, so why not join the party at El Cid, helping them kick off 50 years of music, food and dance here in LA. If you've...



### **Save The Date: National Dance Day, Saturday, July 27th, 2013**

July 17, 2013

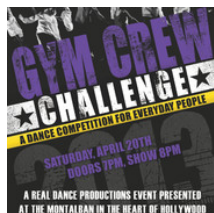
If you're looking for a fun way to spend your Saturday that is a beautiful celebration of music, food, dance and culture, consider checking out National Dance Day, happening next week at newly opened Grand Park in Downtown...



### **Heel Hop: Fashion Meets Fitness & High Heel Safety For A Fun, Sexy, Workout!**

May 18, 2013

If you'd rather skip the gym for a fun, sexy more stylish option it's time to check out Heel Hop. Heel Hop is a 60 minute full body workout that teaches women high heel safety, as...



### **Gym Crew Challenge: Who Will Be The Best In LA?**

April 20, 2013

If you want to see teachers and students from some of the best gyms and studios throughout LA, then head over to the Montalban Theater tonight for The Gym Crew Challenge. It goes down every year, brings a packed crowd...



### **Beach Yoga with Brad: Your Vacation Starts Now!**

April 10, 2013

If you've ever wanted a class that feels like a vacation, yet aims to work your mind, body and spirit, it's time to check out Beach Yoga with Brad. Located in Santa Monica,



next to Lifeguard...

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