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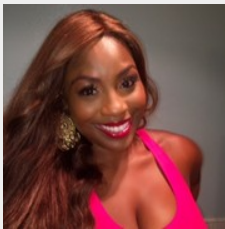
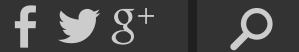
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Lakesha Yvette Walker

LA Dance Fitness Examiner

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# Burn 700 to 1000 Calories With One of LA's Hottest Classes: Dance With Me!

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June 1, 2012  
1:06 AM MST



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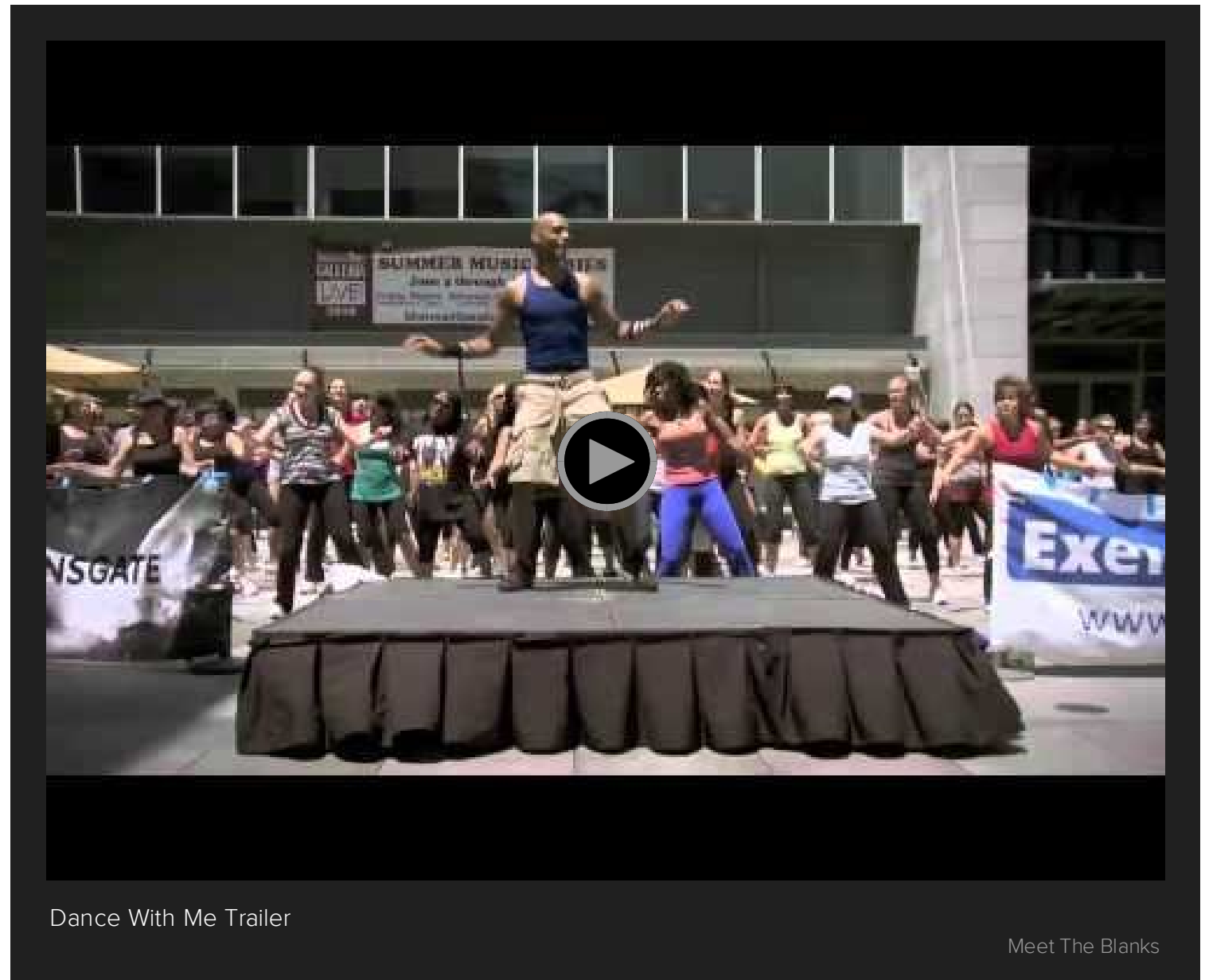
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Dance With Me Trailer

Meet The Blanks

Is it just me or do people make summer sound scarier than Halloween? Yes, we know its coming but that doesn't mean your workout has to be crazy. insane or just plain ridiculous.

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[Dance](#) is a great way to burn calories, build [stamina](#) and burn fat, developing long, lean sexy muscles without having to run on a treadmill or endure humiliation.

Many classes are designed to burn [700 to 1000 calories an hour](#) and one of my favorite, most addictive workouts is [Dance With Me](#).

With over 20 styles of dance in one room, it gets you in shape fast, improves breathing and you won't get bored. Most importantly, its a judgement free zone.

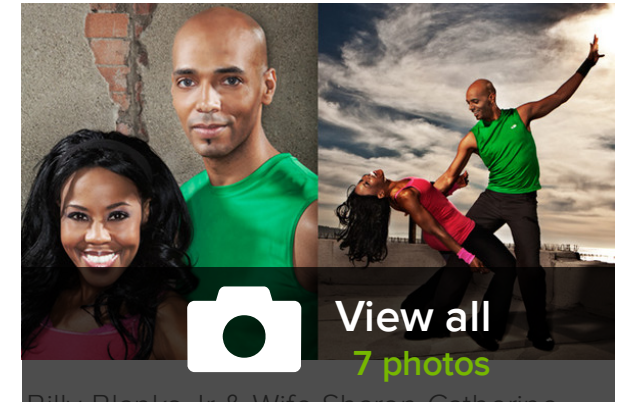
Who wouldn't want to workout in that?

Created by [fitness](#) expert [Billy Blanks Jr](#), Dance With Me is a total body, high energy, cardio dance workout that infuses all styles of dance including Hip Hop, Bollywood, Line Dancing, Ballroom, Disco, 80's, Broadway, African, Russian, Irish, Hula, and so much more.

One minute you're doing hip hop, the next tango. You circle your hips to salsa, fly across the room to show tunes, step it out with line dancing and swing your hips to 80's pop.

There's no time to watch the clock, only to sweat and have fun. Each class is different, people are friendly, your instructors are amazing and you see results fast!

[Its no wonder many have said Dance With Me has changed their body, health and life.](#)



Billy Blanks Jr & Wife Sharon Catherine Blanks for Promax Nutrition

Promaxnutrition.com



Photo courtesy of <http://www.meettheblanks.com>

Now that you know you what it can do for you, aren't you ready to skip the treadmill for Dance With Me this summer?

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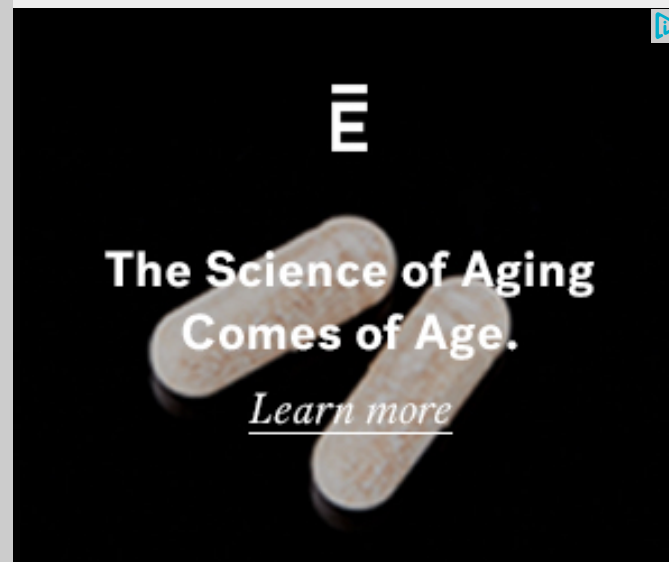
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