



# WERQ®

dance · fitness · workout

North Attleboro Park & Recreation is now offering WERQ!

WERQ is the wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat. WERQ Instructors build a playlist based on trendsetting pop and hip hop music. Each week a couple new routines are introduced, so you get to WERQ the routines you know and challenge yourself with ones you're learning. Ready to WERQ?

Join Lisa here at Mason Field to WERQ it!

Lisa has been teaching fitness classes for 15 years. Classes include Mossa Group Power, Mossa Centergy, Bootcamp, Active Older Adults and WERQ. Lisa has been a personal trainer for 7 years.

Free Class!

June 11th @ 7PM

Held at Mason  
Fieldhouse

Join Lisa on Tuesday, June 11th  
for a FREE Trial Class!  
Class will be held at Mason  
Fieldhouse at 7 PM. Werq is a  
45 minute class.