

Dancing into National Heart Health Monthâ€”One Beat At A Time

at Fred Astaire Dance Studios - Mequon



Make Dance Part of Your Heart-Healthy Lifestyle!



February is National Heart Health Month, and we're doing our part to raise awareness of heart disease, and the importance of a heart-healthy lifestyle. Dance is a great way to improve your overall health, and have more FUN than you ever imagined. And this month, we're helping new clients get started with a special

Introductory Dance Lesson Deal!

Take the first step - visit FredAstaire.com to get started.

No Partner Required • Contact us today to schedule a convenient time

Introductory Offer for new clients only, at any participating location. Fred Astaire Dance Studios® locations are independently owned and operated by franchisees of FADS USA, Inc.

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Terms and Conditions

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Exp: February 28, 2026