



Dennis Perkins is a high energy and highly motivating group fitness instructor. He is the creator of Werk Dat Dance Fitness. Werk Dat combines dance and resistance training to maximize effectiveness. The music is a mix of Soca, Hip Hop, Afrobeats, Old School, RnB and more.

He is currently teaching live virtual classes 3 days a week. Here is the link to signup and get more details about the classes.

<https://mailchi.mp/29ec94691d13/werkdatemailssignup>

Dennis Perkins

High Energy Group Fitness Instructor

Creator of Werk Dat Dance Fitness

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