

SENIOR-HEALTH, LOW IMPACT ***LINE DANCING***

(Absolute Beginner)

Improve your balance, flexibility,
mobility, bone strength,
cardiovascular and brain function
and more! Improve your quality
of life and your mood with the
most-fun exercise around!
No experience necessary.



Days:	Thursdays
Time:	2~3 pm
Sessions Begin:	June 24, 2021
Location:	Coolwell Community Center
Fee:	\$35 (six week session)
Instructor:	Tracie DeLuca
Register:	(434) 258-3241
	Or
	todeluca@hotmail.com
Sponsored By:	Amherst County
	Recreation Department
	434-946-9371