

## **Line Dancing**

Seniors are provided with a means of exercising that is fun, rewarding and healthy. Licensed dance instructor assists participants with every step to insure quality learning and enjoyment.

Classes:

- Encourages interaction with others
- Improve strength, endurance, circulation, and controls weight
- Improve cardiovascular, balance, flexibility
- Lowers blood pressure, cholesterol

Instructor: Barb Duka

Times Offered:

Tuesday – 3:00 pm

60 minutes

**COST: \$3 per session**