



Senior Center Serving Adults Age 55+

Line Dancing with Jennifer

12 Week Session

Beginning Wednesday, April 27th—Wednesday, July 13th

11:00 AM

Come learn to line dance with Jennifer and have some fun!
No experience is necessary.

Jazz Dance and Exercise with Melody

8 Week Session

Beginning Tuesday, May 3rd—Tuesday, June 21st

11:00 AM

Melody returns for a fun class of Jazz dance and exercise.

Moderate Yoga with Deborah Swann

Every Tuesday at 9:00 AM

Beginning Tuesday, May 3rd

This class dives deeper into the classic yoga practice. Please bring a yoga mat and 2 yoga blocks. Optional props: yoga strap and blanket.

International Folk Dance with Leng

Beginning Tuesday, June 28th at 10:15 AM

Leng returns with her fabulous international folk dance class.

An active membership is required to join all classes.

For more information, please stop by or call the office at (203) 452-5199.