



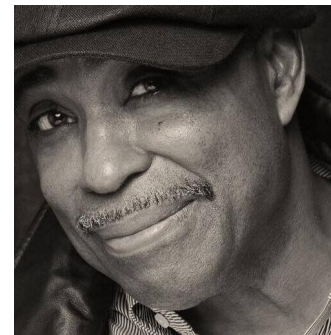
LINE DANCE CLASS SCHEDULE - 2023

Session: I	January 10th - February 14th
Session: II	February 21st - March 28th
Session: III	April 4th - May 9th
Session: IV	May 16th - June 20th
Session: V	June 27th - August 1st
Session: VI	August 8th - September 12th
Session: VII	September 19th - October 24th
Session: VIII	October 31st - December 5th

Class Dates & Times:
Tuesdays -- Beginners 6:00 - 7:00 pm — Tuesdays -- Intermediate 7:00 - 8:00 pm

Location: Multi-Purpose Room

Line Dance 6-Week Session Price List			
	Regular Member	Non-Member	Drop-In
<i>1 Class</i>	\$30	\$40	\$7.00
<i>2 Classes</i>	\$50	\$60	per class



**Please plan to arrive
at least 10 minutes before your
scheduled class time.**

CLASS DESCRIPTIONS

Health benefits of dancing:

Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits including:

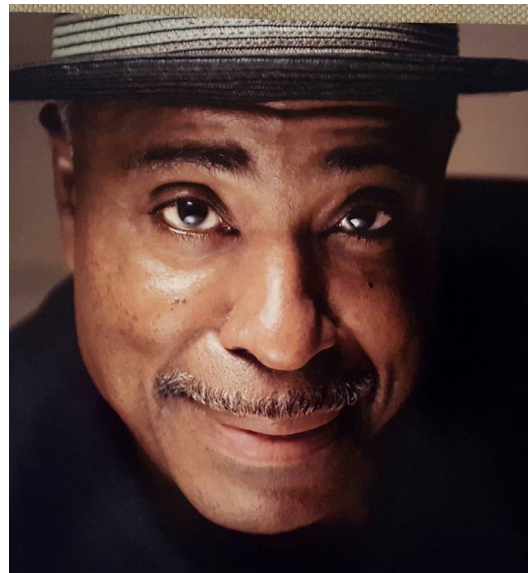
- * **Improved condition of your heart and lungs**
- * **Increased muscular strength**
- * **Improved muscle tone and strength**
- * **Weight management**
- * **Stronger bones and reduced risk of osteoporosis**
- * **Better coordination, agility and flexibility**
- * **Improved balance and spatial awareness**
- * **Increased physical confidence**
- * **Improved mental functioning**
- * **Improved general and psychological wellbeing**
- * **Greater self-confidence and self-esteem**
- * **Better social skills**

Beginner Class:

Sailor, weave, grapevine, jazz box, lock step, triple step, salsa, Mumbo and more
Get your sense of direction with your left and your right
Quarter turn, half turn, full turn to dances like B'more Cowboy, A1 Love, Wooble, Fireball and more

Intermediate Class:

Learn dances like Wanna party, Chillin I'm Gucci, Adieu, Cali Jam, That's Why I Love U Soul and more
Big Fun for everyone!



Randy Dennis, Line Dance Instructor

Randy loves line dancing, he teaches line dancing to people of all ages at The League Wellness Centers, Colleges and Corporate events for team building.