



A Pioneering Area Agency on Aging

Dynamic Movement

This unique class blends synchronized dance steps with movements that improve balance, flexibility and core strength. Popular oldies music sets the tone for these fun and easy-to-learn movements. Participants will transition from chair warm-ups to standing dance movements, which include circle dance, line dance, forward, back and side-to-side movements. Class will end with a seated cool-down.

IMPORTANT NOTICE

"Please register early. Classes that do not have sufficient enrollment will be canceled."

- **Cotner Center Condominium**

1540 N. Cotner Blvd. (use Cotner Blvd. entrance)
Mondays, 2 to 3 p.m.
June 18 through Aug. 6 (eight-week session)
Sept. 10 through Nov. 19 (no class Nov. 12)
(10-week session)

- **Auld Pavilion**

1650 Memorial Drive
Tuesdays, 9:30 to 10:30 a.m.
Sept. 18 through Nov. 27 (11-week session)

- **St. Mark's United Methodist Church**

8550 Pioneers Blvd. (church gymnasium)
Thursdays, 3:30 to 4:30 p.m.
Sept. 13 through Nov. 29 (no class Nov. 22)
(11-week session)

**To register, call the
Aging Partners Fitness Center
at 402-441-7575.**

