Each class focuses on balance, strength and flexibility through a unique combination of dance steps done to popular oldies music. Synchronized movements isolate and strengthen muscle groups, increase heart rate and improve core stability. Participants warm up from the chair, move to standing, transition to dance and then cool down with standing and seated movements.

- **Cotner Center Condominium**
  1540 N. Cotner Blvd., (use Cotner Blvd. entrance)
  Mondays, 2 to 3 p.m.
  Sept. 9 through Dec. 2 (no class Nov. 11)

- **St. Mark’s United Methodist Church**
  8550 Pioneers Blvd., (church gymnasium)
  Thursdays, 3:30 to 4:30 p.m.
  Sept. 12 through Dec. 5 (no class Nov. 28)

- **Auld Pavilion**
  1650 Memorial Drive
  Tuesdays, 9:30 to 10:30 a.m.
  Sept. 10 through Nov. 26

Call 402-441-7575 to register or for more information.