

Ballet For Seniors

SENIOR CITIZENS THAT ARE LOOKING TO...

- Participate in a Ballet class modified for those with back and joint pain
- Improve balance and coordination
- Promote physical and mental vitality
- Help meet personal health goals



TUESDAY MORNINGS
10:15 - 11:15 a.m.
Beginning January 10th, 2017
\$8.00 / class (walk-in rate)
\$25.00 for the month

MEDINA CENTRE FOR DANCE ART
129 North Court Street • Medina, OH 44256
330-725-2153 • www.MCDADance.com
(Parking off of Friendship St., next to police station)