

" Forget
your
troubles
and
dance"

-Bob Marley

Class Dates/Times/Prices

International Folk Dance

Tuesdays, 11:00 AM - Noon
Cost: FREE!

Hoop Dance Fitness

Wednesdays & Fridays, 2:15 - 3:15 PM
Cost: \$36

Dance: The Ballroom Workout

Thursdays, 2:00 - 3:00 PM
Cost: \$10

Line Dance I & II

Mondays,
LDI - 3:30 - 4:30 PM
LDII - 2:30 - 3:30 PM
Cost: \$10

WERQ

Saturdays, 9:30 - 10:30 AM
Cost: \$30



Dance Fitness



International Folk Dance

Fun, easy dances, beautiful music!
Learn dances from many countries such as Greece, Armenia, Romania, Israel, Serbia and others. No partner or previous dance experience needed.

Meet Your Instructor
Claudia Terrence



Hoop Dance Fitness

Hula hoops aren't just for kids anymore! Enjoy this fun, low-impact workout that will get you moving and smiling. You will use adult-sized hula hoops to move and stretch your body safely. Hoops are always provided, but you are welcome to purchase a new/custom one at any time from your instructor.

Meet Your Instructor
Suzanne Richardson



Line Dance

Fun, easy dances, beautiful music!
Learn dances from many countries such as Greece, Armenia, Romania, Israel, Serbia and others. No partner or previous dance experience needed.

Meet Your Instructor
Florence Peterson

WERQ

Fun, easy dances, beautiful music!
Learn dances from many countries such as Greece, Armenia, Romania, Israel, Serbia and others. No partner or previous dance experience needed.

Meet Your Instructor
Tiffany Mikhail

Dance: The Ballroom Workout

Learn to dance the Waltz, the Cha Cha, Swing, Slow Dance & Country Dance as well as the 1920's Charleston, the Chubby Checker Twist, Mr. Welk's European Polka & the stamping steps of Clog dance. No dance experience required.

Meet Your Instructor
Ed Houchens

