

GET FIT! STAY HEALTHY!

MEET NEW FRIENDS!



**MAKE
TIME FOR
YOU!**

DANCE, EXERCISE & HAVE FUN!

If you missed the Winter Session, you still have time to

GET IN SHAPE FOR THE SUMMER SEASON!!!



A Touch Of Class

SPRING DANCE AEROBICS



Theme:

WEDNESDAYS - 8 WEEKS



Latin Dance

3/30 - 5/18/11

AND....

INTERMEDIATE BELLY DANCE!!! (Aerobics Style)

NOTE: 7:00 PM - 7:45 PM

This session will focus on refining your moves.

Utilize these moves to the "max"!

One year of Belly Dance Experience is Necessary.



SUMMER DANCE AEROBICS



KEEP UP THE GOOD WORK!

WEDNESDAYS - 7 WEEKS

7/13 - 8/24/11



Theme:

50'S MUSIC

FALL DANCE AEROBICS

Theme:

Disco



WEDNESDAYS - 8 WEEKS

DON'T "FALL" BEHIND!



9/28 - 11/16/11

INSTRUCTOR: *Kate Epler*

SPRING, SUMMER AND FALL DANCE AEROBIC CLASS TIMES ARE 6:15 PM - 7 :00 PM

ALL CLASS FEES ARE \$45/PER PERSON PER CLASS

CALL CUMRU TOWNSHIP 610.777.1343 TO REGISTER!

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