



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LINE DANCING FOR BEGINNERS

\$40 for Members/ \$45 for Non-Members

Instructor: Arlene Jones

FERRUM YMCA

This six week program will provide a fun, low-impact introduction to some of the most popular county line dances in the world! Not only will participants have fun while exercising, they will experience benefits associated with: balance training, centralizing the body and increasing bone mass density. Participants are encouraged to wear flat rubber soled shoes or boots. Dances that may be covered include:

- Lonely Drum *Voted #1 Line Dance Worldwide!
- Boot Scootin' Boogie
- Cowboy Charleston
- Stroll Along Cha Cha

WHEN: March 21st—April 27th

TIME: Wednesdays 12:15pm-1pm & Fridays 5:15pm-6pm

LOCATION: STUDIO A

Visit, call, or email us today to get registered!

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