

M n M

Mobility & Movement Series 2

**Develop flexibility, strength & endurance
for dancing and everyday**



**Each class consists of a warmup, static and dynamic
movements, an easy-to-follow dance sequence
and a cooldown (no partner needed)**



Six 60-minute classes

Saturday mornings

March 1st, 8th, 22nd 29th

April 5th and 12th

(Note: no class Mar 15th)



9:30am - 10:30am



Package (\$210) Drop in (\$45)

Taught by Jackie

Feel Better - Move Better - Dance Better