

MnM

MOBILITY & MOVEMENT

MOVE
STRONGER
DANCE
LONGER
♡

Six 60-minute classes
Saturday mornings
Sep 12th – Oct 17th

9:30am – 10:30am

*Stronger
More Flexible
A Happier You*
♡

Package

\$240

Non-Package

\$270

Drop in

\$45

SERIES CONSISTS OF:



A QUICK
WARMUP



MOVEMENTS
ACROSS
THE FLOOR



URNS



BALANCE



EXTENSION



AN EASY-TO-
FOLLOW DANCE
SEQUENCE



ENDS WITH
A COOLDOWN

*** NO PARTNER NEEDED ***

Flexibility – Strength – Endurance

FOR DANCING AND EVERYDAY

*That's
Dancing*
Ballroom & Dancesport Center

Taught by Jackie