

NOBA
Bringing Dance to Life

SENIOR DANCE FITNESS PROGRAM

Free and Open to Women & Men Ages 55+



COME JOIN US!

- Stretching, cardio & dance
- Fun music
- Health & wellness workshops
- Special dance workshops
- Performance opportunities
- Social events and more!



*This program is
my medicine—
thank you!
-Participant*

NOBA's Senior Dance Fitness Program registration is ongoing—enrollment forms are available at each location or at www.nobadance.com

FOR MORE INFORMATION CALL (504) 522-0996 x 213
e-mail mwhite@nobadance.com or visit www.nobadance.com

Senior Dance Fitness Program classes are sponsored by:



human energy®



GREATER NEW ORLEANS
FOUNDATION



LOCATIONS & SCHEDULES
Fall 2017—Spring 2018

Joe W. Brown Rec Center

5601 Read Blvd. (New Orleans East)
Mondays & Wednesdays
10:30am – 12:30pm

Behrman Rec Center

2529 General Meyer Ave. (West Bank)
Mondays & Wednesdays
10:30am – 12:30pm

The Chevron Studio Lyons Rec Center

624 Louisiana Ave. (Irish Channel)
Tuesdays & Thursdays
10:30am – 12:30pm

Locations and schedules below are effective July 31, 2017, continue through May 31, 2018, and are subject to change. Please visit www.nobadance.com for holiday dates and other updates.

NOBA's Senior Dance Fitness Program classes are graciously hosted by its 25-year partner, the New Orleans Recreation Development Commission.

