

**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](http://www.nobadance.com)

**FOR MORE INFORMATION CALL (504) 522-0996 x 213**  
e-mail [mwhite@nobadance.com](mailto:mwhite@nobadance.com) or visit [www.nobadance.com](http://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](http://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.

