

NOBA

Bringing Dance to Life

SENIOR DANCE FITNESS PROGRAM

Free and Open to 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



ST. MARIA GORETTI
CHURCH
New Orleans, Louisiana



LOCATIONS & SCHEDULES
June & July 2017

Subject to change; updated 5/18/17

St. Maria Goretti Church

Msgr. Gauthreaux Center
7300 Crowder Blvd. (New Orleans East)
Mondays & Wednesdays
10:30am – 12:30pm
June 5—July 26

Algiers Auditorium

2485 Guadalcanal St. (West Bank)
Mondays & Wednesdays
10:30am – 12:30pm
June 5—July 26

Annunciation Rec Center

800 Race St. (Lower Garden District)
Mondays & Thursdays
10:30am – 12:30pm
June 5—July 27

NOBA's Senior Dance Fitness Program classes are graciously hosted by the following partners during June and July 2017: