

FREE

SENIOR DANCE FITNESS PROGRAM

Open to Men and Women Ages 55+



My participation in the classes prior to a recent heart surgery made for a speedy recovery, and I have also met new friends, danced in *The Nutcracker Suite*, and even competed in the Senior Olympics!"
 -Senior Dance Fitness Program participant

COME JOIN US!

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



First-time participants may register at the door on a first come, first served basis.

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:



NORDC
 NOBA
 CENTER FOR DANCE

Senior Dance Fitness Schedule

Behrman Rec Center

2529 General Meyer Ave. (Algiers)
 Monday & Wednesday
 10:30am – 12:30pm

Gernon Brown Rec Center

1001 Harrison Ave. (Mid-City/Lakeview)
 Tuesday & Thursday
 10:30am – 12:30pm

Joe W. Brown Rec Center

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

THE CHEVRON STUDIO

Lyons Rec Center

624 Louisiana Ave. (Uptown/Irish Channel)
 Tuesday & Thursday
 10:30am – 12:30pm

