

DANCE, FITNESS & FUN

Dance is a fun way to get fit! This is a beginner class so moves and combos are easy to follow.

We will work on balance, flexibility, mobility and burning a few calories to boot.

A mild strength component will be added to round out this fun package. So, let's listen to some oldies and cut a rug. Hope to see you there!

Mondays 1:30-2:30pm in the Armory
939 Valota Road, RWC
Starting January 8, 2024



Sponsored by Adaptive Physical Education
(650)368-7732