

Beachwood Mayor's Wellness Campaign

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MOVE AND GROOVE DANCE FITNESS CLASS

Beachwood Community Center

Mondays, Beginning February 4th

11:00 – 11:45

Ages 55 and up.

\$3 fee per class

Move and groove is a low impact, active aging dance fitness class that features easy to follow dances to the music that you love!!

Come have fun learning these dances while making healthy strides to keep movement in your life.

**NO DANCE EXPERIENCE IS REQUIRED AND
ALL FITNESS LEVEL WELCOME.**

For more information, please contact groma@comcast.net



*Beachwood
Mayor's Wellness Campaign
Putting our community in motion*