

# Beachwood Mayor's Wellness Campaign

presents

## MOVE AND GROOVE DANCE FITNESS CLASS

at the Mayo Park Center

Mondays, October 15, 22, 29, November 5, 12, 19

**11:00 – 11:45**

Ages 55 and up.

\$2 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](mailto:groma@comcast.net)



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