



Dance

ROUND OUT YOUR LIFE™

- Fun
- Healthy
- Social

**New Class Starts:
Sunday, July 18**

No Previous Dance Experience Needed

\$30 per person for 5-week class series



Call Today

Class Size is Limited

Instructor:

Dennis Smith

30 years teaching experience

Health Benefits of Dancing

- Burn calories
- Cardiovascular conditioning
- Stronger bones
- Rehabilitation
- Contributes to increased personal confidence
- Contributes to good posture and body alignment
- Encourages gentle stretching
- Increases flexibility and stamina
- Reduce risk of dementia by 76%

Multi-Rhythm

(Waltz, Foxtrot, and Samba)

4:45 PM – 6:15 PM

classicrounddance.com

RoseSprings Center for the Healing Arts
5215 NE Elam Young Parkway, Suite A
Hillsboro, Oregon 97124

503-693-9101

rosespringscenter.com