

BENEFITS OF LINE DANCING

Here is a list of some of the health benefits you will enjoy if you line dance on a regular basis:

- * Cardiovascular and muscular strength and flexibility become better.
- * High blood pressure, high cholesterol levels and high triglyceride levels, as well as high blood sugar levels can all improve.
- * Coordination improves as you work through the different movements.
- * Lung capacity can increase.
- * Bone strength can increase; bone loss can be stopped or slowed down.
- * Help with weight control - half an hour of continuous line dancing can burn an average of 300 calories.
- * The social aspects of line dancing are obvious. Your sense of well-being and the camaraderie you have with the other dancers is wonderful for your health.

PLUS YOU DO NOT NEED A PARTNER!

MY NAME IS SUSAN CATAPANO AND I TEACH LINE DANCING CLASSES. BEGINNERS CLASSES

THURSDAY, 3PM - 4PM AND INTERMEDIATE 4PM - 5PM BUT ALL ARE WELCOME TO STAY!

EVERYBODY (GUYS & GALS) CAN DO THE BEGINNERS LINE DANCING CLASSES EVEN IF YOU HAVE 2 LEFT FEET.

I ALSO HAVE MANY MEN WHO ATTEND LINE DANCING CLASSES! SO GUYS COME AND DANCE!

THERE ARE SO MANY HEALTH BENEFITS... MEMORY, EXERCISE, MUSCLE STRENGTH AND MANY MORE.

SO COME AND JOIN THE DANCERS AND HAVE FUN PLUS YOU DO NOT NEED A PARTNER!