

March

2020

Free Community Line Dance Classes at COA Youth and Family Centers

10 Week Line Dance Academy

Mind, Body & Soul Dancers are excited to help you get fit and have fun with us at both COA Goldin and Riverwest. No experience necessary, beginners of all ages are welcome. Step by step instructions provided. Bring a bottle of water and a towel. Dress comfortable and come prepared to sweat your way through one of the most enjoyable cardio fitness classes in town. You are guaranteed to get 5-10K steps per class to help you burn calories. Tell a friend and bring a friend. It's so fun it's hard to believe it exercise. If you were looking for the perfect activity to do with your entire family, this is it. With three opportunities to join us every week, what do you have to lose besides unwanted stress and extra weight?



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Goldin 6:30-7:30pm	3	4 Riverwest 4:30-5:30pm	5 No Class	6	7
8	9 Goldin 6:30-7:30pm	10	11 Riverwest 4:30-5:30pm	12 Goldin 6:30-7:30pm	13	14
15	16 Goldin 6:30-7:30pm	17	18 Riverwest 4:30-5:30pm	19 Goldin 6:30-7:30pm	20	21
22	23 No Class	24	25 No Class	26 No Class	27	28
29	30 Goldin 6:30-7:30pm	31				

WEDNESDAY EVENINGS from 4:30pm-5:30pm Riverwest Center 909 E. Garfield Avenue Milwaukee, WI 53212

MONDAY & THURSDAY EVENINGS from 6:30pm – 7:30pm at Goldin Center 2320 W. Burleigh Milwaukee, WI 53206

Contact Nicole Thompson, Director of Family & Community Services at 414-265-7696 with questions.