



Present:

# *Seniors Program Free Virtual Soul Line Dancing Class*

*Have Fun And Enjoy Dance Your Way To Better Health and Wellness*

Soul line dancing will help you to build cardiovascular endurance, strengthen and tone muscles, shed a few pounds, lower your blood pressure and cholesterol.... All while having fun dancing to both R&B and Jazz music

**When:**

**Every Tuesday Starting September 8, 2020**

**Time:**

**11:00 a.m. – 12:00pm Via (online)**

**Computer or Smart phone with audio/visual required**

**Zoom meeting ID 926 7949 6207 & Password 992736**

**Seniors Only:**

**Ages: 55+**

<https://zoom.us/j/92679496207?pwd=cTdQdWszd3lzcW5USkxYTjhCR2RkUT09>

- **Gym Shoes Required....Hand towel & Bottle of Water Suggested**
- **Instructor: Dennis G. Mobley**