



With Ruth Elizabeth

At the Bendheim Western Greenwich Civic Center

449 Pemberwick Road, Greenwich, CT 06831



***There are a lot of ways to lose weight. Some are just more fun.
Join the ultimate dance-fitness party that beats a boring old
workout any day.***

Class times

Mondays: 8:50 a.m.– 9:50 a.m.

Tuesdays & Thursdays: 8 a.m. – 9 a.m. & 7 p.m. – 8 p.m.

Saturdays: 9 a.m. – 10 a.m., Sundays: 9:30 a.m. – 10:30 a.m.

\$15.00 per Class

Register online at <https://www.ruthelizabeth.com>

For more information Email: ruthybrasil18@aol.com

or call at 914-409-6200