

Innovative Dance with Nancy Jo

**Thursday, November 2nd,
16th and 30th 2017
From 10 AM to 11 AM**



Sign up today for the exciting new **Innovative Dance Class with Nancy Jo!** Get a workout while having a great time!

Innovative Dance is a fun and exciting way to learn new dances and get a low-impact workout set to different styles of music.

Class begins with a warm up and gentle stretching. We then move into learning a new dance for each session we meet!

Dance, laugh and stay fit, all at the same time!



SIGN UP NOW at the
Evans Senior Center
999 Sturgeon Point Rd
Derby, NY 14047
716-947-0974