

# *Dance for the Health of it!*

## **FREE LESSONS**

Singles, Couples, Families Welcome ☐ Casual Attire

**Mondays, January 30<sup>th</sup> and February 6<sup>th</sup>  
7:30 – 9:30 P.M.**



### **Attend One or Both Evenings**

Katonah United Methodist Church Hall  
44 Edgemont Road, Katonah, NY 10536

**Classes Begin Monday, February 13, 2012**

## **MODERN SQUARE DANCING**

- **Burn between 200-400 calories in a half hour of dancing**
- **Enhance cardiovascular conditioning**
- **Low impact aerobic exercise that all can do**
- **Strengthen bones, prevent slow loss of bone mass**
- **Boost brain power – better than crossword puzzles!**
- **Elevate mood – release endorphins**
- **Forget your worries while concentrating on calls**
- **Learn geometric patterns – no fancy foot work involved**
- **Build teamwork – a square is 8 people all doing their part**
- **Enjoy live entertainment – professional caller / teacher**
- **A fitness activity you will stick with – because it's **FUN!****

Sponsored by Friendly Squares Dance Club

**FOR INFO:** Class Coordinators: Ginger 914-909-3617 or Penny 914-666-4305  
Club President: Barbara 914-248-8554