



Mix your dance routine with a cardio/strength workout that will improve your range of motion and boost energy levels! Dance Fitness is for anyone who loves music, movement and wants a fun workout.



## LOCATION

Fort Benjamin  
Park  
Recreation Center  
100 McQueen Ave  
Newport, NC

## WHEN

Monday and  
Wednesday  
6:00-7:00PM  
Beginning  
January 4th

## PRICE

\$4 per class or  
\$25 a month



CERTIFIED DANCE FITNESS INSTRUCTOR,  
DANCE EDUCATORS OF AMERICA:  
CORA BROWN-GREEN  
FOR MORE INFORMATION CALL 252-259-4755