



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



## LOCATION

Fort Benjamin  
Park  
Recreation Center  
100 McQueen Ave  
Newport, NC

## WHEN

Monday and  
Wednesday  
5:30 –6:30 PM

## 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**