

LEARN TO TAP DANCE! BEGINNER TAP FOR SENIORS

4 CLASS SERIES
BEGINNING 9/23
NO EXPERIENCE NEEDED

THURSDAYS
10-10:45AM
RV Community Center
9/23, 9/30, 10/7, 10/14

small group,
large room

\$75



An ideal class for those who want to exercise their brains and their bodies while dancing and having fun! Open to seniors of all ages and abilities (can be modified and done in a chair as needed).



Meet our Director of
Dance, Sandi Cadorette.
Sandi brings 23 years of
experience to our
program.

**LEARN MORE AND
SIGN UP**

1. On line via credit card at www.fitnesswithfriends.net/dance-clinic
2. Or call 914.656.3772 to register and bring a check made out to Fitness with Friends, LLC