



WE HAVE ALL THE FUN! **February Dance Party**

Tuesday, February 27th 5:15-7:30PM

- Move to the beat, dance, sweat and have fun! Join us and experience 3 different dance formats: Bolly X, Grooves and Zumba. Instructors are Angela, Vicky and Shannon.

WHERE: Marion Family YMCA—North Gym

WHEN: Tuesday, February 27th

TIME: 5:15 pm – 7:30pm

COST: Free for members and non members—We encourage you to bring a canned good for a local food pantry or personal item for the homeless shelter

BOLLYX 5:15-6:00PM

BollyX is a Bollywood inspired dance-fitness program that combines dynamic choreography and intensive workouts with upbeat music.

Angela Snow

GROOVES 6:00-6:45PM

Get your heart pumping in this full out dance class. Latin, hip hop, and pop music inspire you to shake it and burn calories.

Vicky Howard

ZUMBA 6:45-7:30PM

Combine high energy and motivating Latin music with unique moves that are easy and fun. Ditch the workout, join the party!

Shannon Robinson

No sign up is necessary, just show up. Stay for one or stay for all. This is a family friendly event. Ages 7 years old and up are welcome with their parent. Classes are limited due to the amount of equipment. First Come...First Serve



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FOR HEALTHY LIVING
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