## Innovative Dance with Nancy Jo

## Thursday, November 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup> 2017 From 10 AM to 11 AM





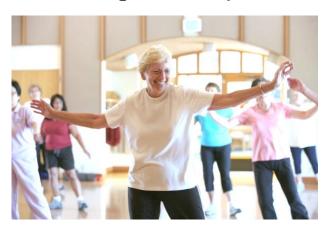
Sign up today for the exciting new **Innovative Dance Class with Nancy Jo!** Get a workout while having a great time!

**Innovative Dance** is a fun and exciting way to learn new dances and get a low-impact workout set to different styles of music.

Class begins with a warm up and gentle stretching. We then move into learning a new dance for each session we meet!

Dance, laugh and stay fit, all at the same time!





SIGN UP NOW at the

Evans Senior Center 999 Sturgeon Point Rd Derby, NY 14047 716-947-0974