

# *Dance Expressions with Nancy Jo*

**Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday,  
from 10 AM to 11 AM**



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



Dance Expressions allows you to come and enjoy different styles of dance. And while you're enjoying the class and expressing yourself, burn some calories 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