

DanceFit with Lisa!

Every Tuesday @ 10 AM to 11 AM



Sign up today for the exciting new exercise class with Lisa! Get a workout while having a great time!

DanceFit is a fun, low/no impact cardio workout set to uplifting musical genres of many styles.

Class begins with a warm up and gentle stretching...

We then move onto some upper body strengthening with light weights, balls or bands. Add some



marches, oldies, cha-cha, disco and country to get the blood pumping! Every class ends with a cool down and stretching with relaxation and deep breathing, maybe even a little chair yoga thrown in from time to time.

Bring a smile and prepare to have fun and get lost in the music!



Sign up for **DanceFit** at the Evans Senior Center and join in on staying in shape the fun way!

