

Step 'N Line Dance

w/Instructor Meshella Woods

Wednesday, April 4

Wednesday, April 18

GEORGE WICKLINE SENIOR CENTER

800 S Daytona Avenue, Flagler Beach, FL

11 AM - Noon

Line Dance is

BRAIN EXERCISE Improves
Memory, Cardio, Muscle Strength,
Group Bonding, Balance, Posture,
Social Interaction, Neural Pathways,
Oxytocin, Bone Density, Agility,
Serotonin, Concentration,
Coordination.

Cha Cha
Tango
Swing
Jive
Salsa
Foxtrot
Reggae
Hip Hop
Waltz
Rumba
Country
Zydeco
Folk
Samba
Quickstep
BootScooting

