

Dance with the Pooh Website:www.dancepooh.ca / www.winnieyu.ca

2012 September - December **[Day]** DancExercise Schedule

“DancExercise” ~ HIGH energy BEGINNER line dancing.

Fun way to help maintain fitness and a great way to deepen your practice.

Instructor walks thru with step patterns for each dance. Music plays continuously throughout the whole session

活力排舞運動日班 (定期進行帶氧運動,對身心健康皆有長期裨益)

Day 日間	BH	Bayview Hill Community Centre				114 ,Spadina Road, Richmond Hill (16 th Ave./between Bayview / Leslie)		
Location	November - December (十一月> 十二月)				Day	Time 上課時間	Instructor	OFF 假期
	Sept. 九月	Oct. 十月	Nov.十一月	Dec. 十二月	[50 min.@ class]			
BH C. C. Bayview Hill Comm. Centre	Start @ 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19, 26	3, 10 end	Mon 一	11:15 am -12:10 pm	Hilda K. Winnie Ho	Oct 1, 8
	Start @ 10, 17, 24	1, 8, 15, 22, 29	5, 12, 19, 26	3, 10 end	Mon 一	12:15 am - 1:10 pm	Hilda K. Winnie Ho	Oct 1, 8
	Start @ 7, 14, 21, 28	5, 12, 16, 19, 26	2, 9, 23, 30	7, 14 end	Fri 五	11:15 am -12:10 pm	Maphine Dodo W. Hilda K.	Nov 16
	Start @ 7, 14, 21, 28	5, 12, 16, 19, 26	2, 9, 23, 30	7, 14 end	Fri 五	12:15 am - 1:10 pm	Maphine Dodo W. Hilda K.	Nov 16

***DancExercise -- FUN to participate & EASY to follow for BEGINNERS**

-Comfortable clothing and smooth - soled shoes are highly recommended-

Instructors Tels: Dodo Wong 905-887-3363 / Hilda Ku 905-881-2496

Maphine Shum 905-470-9501 / Winnie Ho 416-318-8035