

2013 January - June [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, 對健康有長期裨益)**

Day 日間	BH	Bayview Hill Community Centre					114 Spadina Road, Richmond Hill (16 th Ave. / Between Bayview Ave. / Leslie St.)			
Location	January - June (一月 > 六月)						Day	Time 上課時間	Instructor	OFF 假期
	Jan. 一月	Feb. 二月	March 三月	April 四月	May 五月	June 六月				
BH C. C. Bayview Hill Comm. Centre	Start @ 7, 14, 21, 28	4, 25	4, 18, 25,	8, 15, 22, 29	6, 13, 27	3, 10, 17end	Mon 一	11:15 am -12:05 pm	Hilda K Winnie Ho	Feb. 11 Feb. 18 Mar. 11 Apr. 1 May 20
	Start @ 7, 14, 21, 28	4, 25	4, 18, 25,	8, 15, 22, 29	6, 13, 27	3, 10, 17end	Mon 一	12:15 pm - 1:05 pm	Hilda K Winnie Ho	Feb. 11 Feb. 18 Mar. 11 Apr. 1 May 20
	Start @ 11, 18, 25	1, 15, 22	1, 8, 22,	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21end	Fri 五	11:15 am -12:05pm	Dodo W Hilda K Maphine	Feb. 8 Mar. 15 Mar. 29
	Start @ 11, 18, 25	1, 15, 22	1, 8, 22,	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21end	Fri 五	12:15 pm -1:05 pm	Dodo W Hilda K Maphine	Feb. 8 Mar. 15 Mar. 29

***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