

DancExercise in Summer Time !!!

~ Jun 28, ~ Jul 5, 12, 19, 26, ~ Aug 2, 9, 16, 23

~ Thursday Evening ONLY

~ Time: 7:00pm – 7:50pm (50 mins) *Instructor: Winnie Ye*

8:00pm – 8:50pm (50 mins) *Instructor: Hilda Ku*

~ Location: Langstaff Community Centre Gym A,
155 Red Maple Road, Richmond Hill

What is “DancExercise” ?

“DancExercise” for Wellness

Be prepared to Sweat and Smile

~ Come join the fun and excitement with our high energy beginner line dancing. This is a fun way to help maintain fitness and a great way to deepen your practice.

~ Instructor will walk thru with step patterns and with count for each dance. An assortment of music and dance rhythms will be selected for the “DancExercise”. **Music will be played continuously throughout the whole session.**

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

*** 活力排舞運動 ***

(定期進行體力活動及運動, 對健康有長期裨益)