

Open House !!! - FREE

~ September **9,16,23,30** - Friday - 1:00 p.m. – 2:15 p.m.

~ September **12,19,26** - Monday -12:00 noon – 1:15 p.m.

~ Location: 114, Spadina Rd., Richmond Hill ,

Bayview Hill Community Centre

~ Instructor: By Pooh's Pro. Instructors Team

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)