DANCE Conditioning

Modjeska Community Center

Sat. 10:00 am to 11:00 am

3 Sessions
Sept.26th to Oct.10th

$10.00/class

Questions?
714.649.2420

The Perfect Start to a Weekend

Dress to move and stretch

Increase Strength, Balance, and Flexibility!

Easy Dances to Relax, Restore, and Refresh

Bring a yoga mat and water

Ballet stretch and balance work at Barre, Center Floor Work with Isolations, Cardio. Mat exercises at end of class

Dance Conditioning
for the beginner or experienced dancer.
For those who like to shake a leg every now and then

Instructor:
Sheryl Fuller-Whitfield
Certified in Healthy Steps/ Lebed Method

Come listen to feel good tunes!!!!
Beach Boys, Motown, Hawaiian, Lounge music and Drum Solos

Use dance shoes, comfy light shoes, sandals, or bare foot