~The Benefits of~ LINE DANCING!

Get Exercise
Burn Calories & Stay Active!

Improve Balance & Coordination
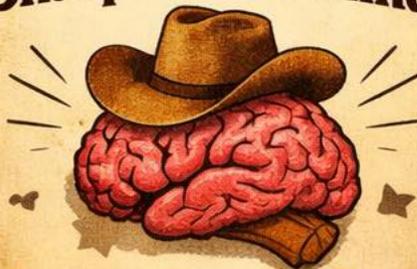**Boosts Agility & Stability!**

Heart Health
Good for Cardiovascular Fitness!

Social Fun!
Meet New People & Make Friends!

Sharpens the Mind
Improves Memory & Focus!

Reduce Stress
Feel Happy & Relaxed!

Boosts Confidence
Build Self-Esteem!

All Ages Welcome!
Fun for Everyone!

Kick Up Your Heels & Have a Blast!