## Line Dancing

## Starts July 1st Wednesdays 12:45 - 1:45 pm

at the Goose Creek Activity Center

*Open to ages 12 & up No experience needed!* 



Cost Per Class: \$5R/\$6NR

Seniors over 55 \$4R/\$5NR Get up off that sofa! Join us for an hour of fun doing some of the latest line dances while getting a great low impact workout.

You'll be doing the Electric Slide, the Macarena, the Cha Cha Slide, the Cupid Shuffle and the Stomp.... just to name a few.

Don't be fooled, this is a real workout, so come prepared to sweat!

No experience necessary, just a smile and happy feet.

Great exercise and a lot of fun! All types of music played....not just country!

Instructor Frances Beasley



For more information contact the Goose Creek Recreation Center at 843-569-4242 or visit www.goosecreekrecreation.com