



Dance



Stretch & Tone



With Barbara Fraser



IN PERSON OR ONLINE REGISTRATION REQUIRED

Elmont Library cardholders may register 2 weeks before program.
Over-the-phone registrations are accepted.

- Thursday, January 2 at 1pm..... (Registration begins December 19)**
- Saturday, January 18 at 11am (Registration begins Jan. 4)**
- Thursday, February 6 at 1pm..... (Registration begins Jan. 23)**
- Saturday, February 22 at 11am..... (Registration begins Feb. 8)**
- Thursday, March 5 at 1pm (Registration begins Feb. 20)**
- Saturday, March 21 at 11am..... (Registration begins March 7)**
- Thursday, April 2 at 1pm..... (Registration begins March 19)**
- Saturday, April 18 at 11am..... (Registration begins April 4)**

This low impact class is designed for mature adults and active seniors who embrace and enjoy dance and exercise.

Taught in a stress-free manner, this coed, mind/body session will include Line Dancing and Folk dancing to aid in memory retention, coordination and balance and conclude with toning and stretching of the major muscle groups allowing participant to perform everyday tasks with ease.

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