

Dance Exercise Class



Believe in Us

A **Dance Exercise program**, taught by Emily Painter + Elizabeth Boggess, will be offered on a few mornings at the Galena ARC. The class will be an aerobic mix of dance styles from a wide range of music types. Warm ups and stretching will be an integral part of each class. The class is suitable for all ages and fitness levels.

Come Join the Fun!!

Tuesday : 9-9:45am

Thursday : 9-9:45am

Class Instructor

Emily Painter

Elizabeth Boggess

Galena Art & Recreation Center 11084 W US Hwy 20 815-777-2248 www.galenaarc.org

Dance Exercise Registration Form

Return this form w/payment to the ARC. Place in mailbox at bottom of ARC stairs or bring to ARC office.

Name: _____

Home Address _____

Phone _____

Email Address (for ARC communication) _____

___ \$40 (5) class punch card

___ \$75(10) class punch card

___ \$95 (15) class punch card

___ \$8/per class Visitors/Drop In

OFFICE USE ONLY: _____ Date Paid _____ Check#/Cash _____ Database _____ Email Distribution List