

Gentle Moves Dance Exercise Classes

Instructor: Suzanne Evans
Where: St. John's-Grace Episcopal Church
51 Colonial Circle (Richmond at Lafayette)
When: Tuesdays at 7:00 p.m.
Wednesdays at 9:30 a.m.

For more information, call 574-5503

Enjoy moving, dancing and stretching in a calm atmosphere and at your own pace. This recreational exercise program incorporates gentle ballet and modern dance movements to improve balance, strength and flexibility without stress and strain!

Have fun!

Feel better!

Call today!