

Sensual Dance Class

Thursday, March 10, 2011

(2nd Thursday of each month)

7:00 p.m. - 8:00 p.m.

LOA members \$15

Non-members \$20

Childcare provided!!

This class provides an environment where you can feel safe to express sensual movements, be moved by music, and celebrate being a woman!! We will practice dance movements and also learn a chair dance routine, while enhancing strength and flexibility. Wear workout clothes and bring heels with non-rubber soles. (heels are optional)

Location: Lady of America

2465 Ridge Rd., Rockwall

*Please register at the front
desk of LOA. 469-698-8811*

*For more information
contact Raina*

www.RainaDance.com



| |
|--|
| |
|--|