

Let's Dance is a fun program that will help us keep our bodies and minds healthy while having fun learning different Latin American dance rhythms such as Cumbia, Merengue, Mambo, Salsa and Bachata.

Later in the new year, we will broaden our dance repertoire with some Broadway Jazz, Charleston and Flamenco.

We will also be improving our balance and challenging our brain with some of the latest new trends in the world of fitness.

Want to know more about the program? Come and join us for a morning of fun.

Classes start on Monday, September 15th., from 9:30 to 11:00am at the Senior's Center in Sechelt.

See you then and ... Let's dance