

"Dancing for Fun & Fitness"

And you can join the fun!!

Modern American Square Dance: Learn to dance

Saturday, September 24 - 6:30 PM

Continues on the 2nd & 4th Saturday. Start time is 6:30.

Starting in October, the group will be expected to drive to the Town Hall, Main Street in Dover. These sessions will be on the 2nd & 4th Wednesdays.

Start time is 7 PM.

The first session is always FREE. The remaining sessions are \$3.00/person/session.

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Endorsed by the

American Heart Association as a "heart friendly" activity

Mental and physical exercise - fun and fellowship

Walking to the beat of the music and learning one step at a time

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Oak Hills Wesleyan Church

410 28th Street SW

Rochester

For more information, contact professional caller/instructor:

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www.squaredanceminnesota.com