



FOR YOUTH DEVELOPMENT  
**FOR HEALTHY LIVING**  
FOR SOCIAL RESPONSIBILITY

8/11

## LINE DANCING

### What is it?

Line Dancing is a 90-minute that includes an introduction to steps, warm-up, cardiovascular dancing exercise to fun country music, and a cool-down.

### Who is it for?

This class is for individuals of all ages and fitness levels who enjoy dancing or want to learn how to line dance. You will also derive the benefits of cardiovascular exercise and improve your memory through the memorization of dances.

### What do I wear?

Wear comfortable clothing and athletic shoes.

### Where should I go on the first day of class?

Come to the front desk and tell them you are here for Line Dancing, and you will be directed to the class location.

### How do I register?

This class is free to YMCA members. It is best to start the class at the beginning of the session. To register for this class see our current Program Guide for class days, times, fees and session dates. Then drop by any Green Bay YMCA Front Desk, go on-line ([www.greenbayymca.org](http://www.greenbayymca.org)) or call 436-9595 with Discover, Visa or MasterCard.

### Other information?

Contact:	West Side Center	436-9533
	East Side Center	436-1250

#### YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**Membership For All** helps to ensure that everyone belongs to the YMCA, regardless of income level. For information, contact the YMCA at 436-9622.