

# SENIOR LINE DANCING!

YOU'RE  
INVITED!!



DANCING  
MAKES YOU  
SMARTER  
STRONGER  
HAPPIER

## CALLING ALL DANCERS!

No Partner? Got two left feet? This is the class for you! Come join us for a fun filled 60 minutes of line dancing to everything from Country to Classic music.

Line dancing is a great form of low impact exercise that can improve flexibility, balance and endurance. It also helps increase mental capacity by exercising our cognitive processes.

  
WILLIAMSON COUNTY  
PARKS & RECREATION

**Thursdays at 1 PM**

**Cost:**

\$2 with EC Pass, Standard or Veteran Pass

Non-Pass Holders are \$4

Under 55 – Classes are \$4 each with Standard or Veteran Pass

Non-Pass Holders are \$8 each

**Location:**

[Academy Park](#)

**Enrichment Center**

**Center Instructor:** Marla Brandon

**Questions:**

Contact Patty Norem

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