

Groove on with a range of styles,
from lively rock'n'roll to smooth
dancing with the foxtrot & rumba.

This beginner friendly session is for
anyone that enjoys music and moving
with either a dance partner or solo.

The session is a collaboration between
professional dance teachers and
exercise scientists to provide you
with a safe, fun and engaging class.

Join us to improve balance,
co-ordination and posture,
all while meeting new people
and having a great time.

Join in to have fun, feel good
and move your body

FREE

**Bookings
Essential**

MUSIC & MOVEMENT

Thursday 1.30pm
21st OCTOBER



Marwal Centre
9 Marwal Ave, Balwyn North

Transport: \$5 each way
(Booking required & conditions apply)



BOROONDARA AGED SERVICES SOCIETY

BOOKINGS **9880 4709**
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FACEBOOK [BASScareAgedCare](https://www.facebook.com/BASScareAgedCare)