

SAVANNAH!

Saturday, July 24th, 11:00AM-4:00PM
The Center Court at Savannah Mall
Free Dance Classes!

**DANCE is, indeed, EXERCISE! It's a fun way to get that
RECOMMENDED 30 MINUTES OF "MODERATE-INTENSITY" PHYSICAL
ACTIVITY PER DAY.**

**Join us for free dance demonstrations & classes,
courtesy of the following dance organizations:**

11:00-11:30AM ZUMBA! with Teresa Stovall

11:30AM-12:00PM A&I Butterfly Ballroom, Salsa

12:00AM-12:30PM A&I Butterfly Ballroom, Argentine Tango

12:30-1PM Silver Liners

1-1:30PM Special "Dance Day" Session

1:30-2:00PM One Spirit Dance Academy

2:00-2:30PM Maxine Patterson's School of Dance, Jazz

2:30-3:00PM The STUDIO, Ballet

3:00-3:30PM Abeni Cultural Arts, African Dance

3:30-4:00PM Lotus Dance Company, Middle Eastern Dance

Healthy snacks, blood pressure checks,

**BMI (body mass index) measurements & blood glucose testing &
bone density scans...**

PLUS

chances to win an iPod Shuffle/iTunes Gift Card Combo & FitDeck Cards

For more information, please call: 912.644.5209 or 912.484.1885

Partners: Community Cardiovascular Council, CVS, Armstrong Atlantic State University Health

Sciences Department

