

Let's Dance! Savannah Saturdays

Dance is, indeed, exercise! It's a fun way to get that recommended 30 minutes of "moderate-intensity" physical activity per day. Join us Saturday mornings for FREE DANCE CLASSES from 10AM-12PM at the locations listed below:

August 25-Frank Callen Boys & Girls Club, 510 E. Charlton St. 31401
Moon River Dancers (Latin Ballroom)
Memorial Health's FitnessOne Hip-Hop Class

September 1-Rousakis Plaza on River Street
Abeni Cultural Arts (African Dance)
Savannah State University's Cheerleading Squad

September 8- Rousakis Plaza on River Street
Savannah Children's Theatre
Jazz Dance with Cristina

September 15-South end of Forsyth Park (near the tennis courts)
Lotus Dance Company (Egyptian Belly Dance)
The STUDIO (ballet)

September 22-Johnson Square
Marylin Youmans School of Dance and Baton
Armstrong Atlantic State University's Cheerleading Squad

September 29-South end of Forsyth Park (near the tennis courts)
Gretchen Greene School of Dance
Savannah College of Art and Design's Cheerleading Squad

October 6-Hull Park, 55th Street & Atlantic Avenue
Coastal Health District's Teen Peer Counselor Dance Team
Step with Kendricka Brown

October 13-Johnson Square
Savannah Theatre Choreographer/Cast, Lucinda Morin
Salsa with Robin Proctor

October 20-Johnson Square
Abeni Cultural Arts (Modern Dance)
Tradicion Latina

October 27-Frank Callen Boys & Girls Club, 510 E. Charlton Street
Moon River Dancers (Smooth Ballroom)
Qigong with Tricia Richardson