

Creative Expression **DANCE FITNESS WORKSHOP**

Schedule | August 24, 2024

9:45 am **Check-in***

10:05 am **Community Warm-up & Ice Breaker**

10:30 am **Warm-up**

11:00 am **Moving Across the floor**

11:20 am **Learn a dance routine**

11:45 am **Stretch & Cool down**

How should I prepare?

- *Wear comfortable clothing, sneakers*
 - *Bring a yoga mat for cool down*
 - *Bring water*
 - *Be Ready to get out your comfort zone & ENJOY your body*
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