

SHE MOVES: TIMELESS (50+)

SheMovesJDM

• **Saturdays**
@ 10am

✦ Grace, groove, and good company.

This low-impact dance fitness class is all about moving with joy, confidence, and connection. Designed just for our timeless queens — come stretch, step, and shine in a space where every move is celebrated. 🌸🌟

