

# NOW IS THE TIME

To try

## SQUARE DANCING

Start the New Year with a different way to exercise while having a ball. You have probably tried yoga, walking, running, step aerobics, pilates and other exercise programs. Now it is time to try square dancing. You not only exercise the body you exercise the brain.

Square Dancing lessons are being offered by

### Star Twirler's Square Dance Club

All lessons will be held on Thursdays from 7:00 to 8:30

Starting on January 19, 2017

At the

Highland United Methodist Church

1901 Ridge Rd, Raleigh, NC 27607

The cost of the 12 week session is \$80 per couple with the first two lessons free. The first two lessons will let you know if square dancing is as fun as you think it will be.

Please call Bill Colman at 919-847-4819 to enroll or to get more information.

If you would like to try square dancing but can't do Thursdays another club is starting classes on Tuesday. Call 984-222-0160 for more information.