

Sassy Ageless Groove Experience

What to expect:

- Improve strength and agility
- Cardiovascular fitness
- Class taught by our Exercise Physiologist Sarah



Class Details:

BRUCE: Thursday 10am

Building 18, 170 Haydon Drive, Bruce 2617



Southside: Wednesday 11am

Dales Ballroom Dancing (Home Studio)

94 Longmore Cres, Wanniassa 2903

Do Not Park In Driveway

Cost: \$15 per Class

