

Move 'n Groove with Seniors

Time to Dance, Exercise, and Have Fun!!!

DAY:

Every Thursday

TIME:

10:15am-11:30am

LOCATION:

Venice Hongwanji Buddhist Temple

AGES:

50 and older

This exercise class, using the Wii system, will help strengthen your movement, balance, and flexibility. Also this class will give you a chance to socialize with others and exercise at the same time. Individuals will simulate various sports and dance moves with the goal of staying active and having fun. If you are interested or have questions please contact me. (See contact information below)

Session 1

DATES:

July 19

July 26

August 2

August 9

August 16

August 23

August 30



CONTACT INFORMATION

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Girl Scout Gold Award Project