

Register early ----- Limited space

Due to the nature of the workshop
Walk-ins not accepted

Register on line: patgrillo.blogspot.com
credit cards and paypal

Discover the Magic

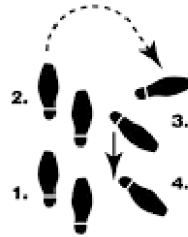
Line dancing is not just about learning choreographed steps, its about the magic. The overwhelming feeling of well-being that will possess you. I promise you, if you learn the steps and find the beat, you will experience the magic. When you begin to feel the music, the magic will follow.

I assure you line dancing is a pleasant, healthy, and socially rewarding activity. It has changed my life and can change yours too with a little practice and perseverance.

Line dancing includes lots of physical, mental, and social benefits. So grab those dancing shoes and find yourself a line.

You won't regret it.

Pat Grillo




Putnam Health & Fitness Center
213 Perry Street
Pomona Park FL 32189
386-649-8784

Cost \$5.00 at door for non-members

Every Thursday

Learn basic steps: 10--10:55 a.m.
Learn beginner dances: 11--11:55 a.m.

[More Information
patgrillo.blogspot.com](http://patgrillo.blogspot.com)

Designed by Pat Grillo
patgrillo1@gmail.com

Line Dancing Workshop

for the new dancer

**“Add years to your life
and life to your years”**



Instructor: Pat Grillo



213 Perry Street
Pomona Park, 32189
386-649-8784

Line Dancing Benefits

Physical Health

1. Burn calories
2. Lower cholesterol
3. Control balance
4. Improve coordination
5. Build muscles
6. Overall posture

Mental Health

1. Enhance intelligence
2. Improve memory
3. Control depression and moods
4. Increase concentration span
5. Combat dementia

Social Benefits

1. A means of artistic self-expression
2. Encourage bonding (common interest)
3. Outlet for dancing without a partner
4. It's fun and rewarding!

Increase the quality of your life

Improve your physical and mental health while having fun

New Dancer Workshop

The 5 session class is designed for the absolutely new dancer. Learn the basic steps and how to sync the steps to the music. Each week new steps will be introduced and practiced. The mission is to build skill, self-expression and confidence dancing.

Workshop topics:

1. Dance floor etiquette
2. Basic dance structure (count steps & walls)
3. How to sync dance steps to music beats
4. Progressively learn the basic steps
5. Learn to count steps
6. Learn to read a step sheet

We meet every Tuesday in May

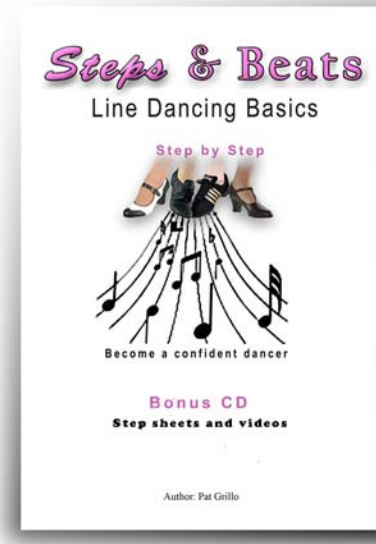
Where: Putnam Health & Fitness Center
Address: 213 Perry Street
Pomona Park, 32189
Date: Tuesdays: May 1st thru May 29th
Time: 10 a.m. to 11 a.m.,
Cost: \$25 (non-members)

No Walk-ins

*Free to Members of Putnam Health & Fitness Center
and members of Humana Health Plan*

Monthly & Annual Membership Available

Study Guide



Available at workshop

\$12

The **Steps & Beats** work book was written with the absolute beginner in mind. The instructions and dance lessons presented in the book are taught in the *Absolute Beginner class*. The topics include, health information, dancing tips, how to read a step sheet, step terminology, and a how-to glossary of steps.

The CD included with the book contains step sheets to the dances taught in the class, videos demonstrating the steps, and a digital copy of the "Steps & Beats" book.

Registration Form

Putnam Health & Fitness Center
213 Perry Street
Pomona Park, FL 32189
Tuesdays: May 1 thru May 29

Name: _____
Address: _____
City, State Zip: _____
Email address: _____

Send \$25.00 check
Payable to PHFC