



SPRING INTO FITNESS

LINE DANCE WORKOUT

Tuesday, April 11, 2023

5:30 pm-7:30 pm

FREE EVENT

Larry Brian Mitchell Recreation Center
400 Marguerite Franco Street
Gallup, New Mexico

Instructor: Andres Tucson



Improves cardiovascular fitness
Helps with balance & coordination
Improves flexibility
Helps with muscle development
Potential to reduce stress
Boosts self-esteem
Could help one lose weight



CONTACT: COLLEEN @ GIMC HEALTH PROMOTION
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