

SPONSORED BY CASWELL COUNTY SENIOR CITIZENS CENTER

# DANCE FITNESS MINISTRY CLASS

DANCE YOUR WAY TO FITNESS WITH CEE THE TRAINER JAY

FREE EVENT FOR  
ALL SENIOR CITIZENS

APR 11TH @ 9:30AM | DANCE TO BURN CALORIES &  
LOSE WEIGHT WORKOUT TO TONE  
APR 25TH @ 9:30AM | LOSE SKIN AND BUILD MUSCLE

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HIGH ROCK COMMUNITY CENTER  
3330 HIGH ROCK SCHOOL ROAD BLANCH NORTH CAROLINA  
(434) 713-5493