

Sponsored by Caswell County Senior Citizens Center

DANCE FITNESS MINISTRY

TOUR



DANCE YOUR WAY INTO FITNESS WITH CEE THETRAINER JAY

APR 3rd & APR 17th @ 11am

**FREE
EVENT
FOR ALL
CITIZENS**

- Dance to burn calories and lose weight
- Workout to tone lose skin and build muscle
- In person & virtual personal workout sessions
- are available

Pelham Community Center
161 Community Center Rd. Pelham, NC 27311

434 713 5493