

# Beginner Line Dance Series

**For Teens to Adults/Seniors**

**Starting April 3, 2023**

**Mondays at 5:30 - 6:30 PM**

**128 Pleasant Street Randolph MA**

**\$10**



Dance for fun, exercise, balance, coordination and to learn a new skill. Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated and then danced to contemporary music that you will enjoy! Dance to some of the old favorites, and also add some of the newest line dances. No need to have a partner, it is something for everyone and no experience is necessary! Line dance class is for all levels.

*Paul Hughes is a Line & Ballroom Dance Instructor and teaches group classes at various Senior, Recreation & Community Centers throughout MetroWest Boston. His mission, purpose and passion in life is to offer something of value and meaning to others that will enhance and transform people's lives for the better through sharing the many positive physical, mental and social benefits of dancing.*

**To Register Contact**

**Paul Hughes**

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