

# WRIGHT WAY FALL 2018 SCHEDULE DANCE INSTRUCTION



## LINE DANCING

for Fun & Fitness!



Get your low-impact aerobic exercise the fun way—and improve your stamina, balance, footwork, and rhythm too! Fifteen weeks of easy-to-follow instruction in three levels of classes will include a variety of music and line dance styles (County, Swing, Latin, Pop, R&B/Soul, Blues, & more)! Drop-in format with review, new, and lots of practice each week. **Join us for an evening of fun-- only \$5 at the door.** No partner needed.

### TUESDAYS

Starting Sept. 11th  
through Dec. 18th  
(except 1 Wednesday  
on Nov. 7th)

**Newcomers &  
Beginners (Level 1)**

6 – 7 p.m.

**Intermediates (Level 2)**

7:10 – 8:10 p.m.

**Fast Practice**

(Your Requests)

8:15 p.m. – 8:45 p.m.

### Location:

Old Rock School, 400 Main Street West, Valdese, NC

### Instructor:

Judy Wright, PhD, National Dance Society's 2018 Dance Scholar

### For More Information Email:

wright2dance@hotmail.com; or Call (828) 391-1019

**JUST DO  
IT!**

Line dancing helps you release stress, move to music, be more social, and engage your brain too!