



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DISCOVER SALSA DANCE CLASSES

YMCA - NYACK NY

SALSA Dance Class

Learn the basic steps and variations of Salsa dancing! This type of dance is an excellent way to increase your flexibility, coordination, and total body strength; release stress; and improve cardiovascular fitness.

Our talented instructor, Karen Evora, will be leading the class. No experience necessary.
Max 25 participants

WHEN: Sundays

September 29,

October 6, 13, 20, 27

November 3

TIME: 3 pm - 4 pm

COST: \$10 per Drop-In Class for Members

\$18 per Drop-In Class for Non-Members



LOCATION:

YMCA – DANCE
STUDIO 35 SOUTH
BROADWAY NYACK,
NY 10960

For questions please E-Mail: pdonnelly@rocklandymca.org

Or Call 845-643.3062