

BEGINNERS DANCE LESSONS



**Mt Eliza
Fifty Five Plus Club**

Mondays from 1:00 pm to 3:00 pm



Lessons cover Latin Style (Rock & Roll/Jive), Quickstep, Waltz, Tango and Modern New Vogue. Learn new skills, have fun and make new friends. No partner needed. Benefits include:

- ◆ Better cardiovascular health, strength and endurance
- ◆ Increased energy levels and lifts the spirit
- ◆ Enhanced agility and flexibility and improved balance
- ◆ Better cognition and confidence

**\$5 per
session**

Where: Mt Eliza Fifty Five Plus Club Inc.

Address: 90B Canadian Bay Road, Mount Eliza,
behind the Canadian Bay Hotel

Phone: (03) 9787 8170 **Mobile:** 0435 108 608

Email: mail@mteliza55plusclub.org.au

Website: <https://mteliza55plusclub.org.au>

Facebook: <https://www.facebook.com/mteliza55plus>