

New Dance Classes at St. Anne's!

Line Dancing 101 - One Fun Night!

with Carolisa of Moonlightdjz

Monday May 7 ~ 6:30-8:00 pm

\$12 at the door * \$10 in advance

Sign up required @ moonlightdjz@gmail.com

Have you always wanted to jump in when everyone hits the dancefloor at a wedding or party? Don't sit on the sidelines...join in & have *fun!* We'll review all the popular "**party**" line dances you'll need from the nae nae to the cotton eye joe & electric slide, some country & more. Move & Groove to a mix of the *best* pop & dance from each decade; using easy moves to get loose on the dancefloor. Relax & have a fun night out with friends! For anyone who loves to dance or wants to learn – **Get in the Groove!**

Zumba !

with Carolisa of Moonlightdjz

Wednesdays ~ 10:30 am

\$9 to try a class * discount for series

Sign up required @ moonlightdjz@gmail.com

Move, Groove, Dance, Workout & have FUN! Energizing dance-fitness workout combines easy dance moves with traditional exercise to burn calories; strengthens core & all muscles. Get Funky to a fantastic mix of "old school" dance classics to current; latin, bollywood & more! Great for ALL levels including the **beginner** & those new to exercise; adjust to suit. Best are sneakers without much tread such as aerobics or well-used sneakers; bring water!

Dance off calories in this fun & friendly class!

Bellydance

with Carolisa of Moonlightdjz

Wednesdays ~ 11:30 am

\$10 to try a class * discount for series

Sign up required @ moonlightdjz@gmail.com

Join friends to learn this **beautiful and joyous dance!** You'll be surprised how much you'll learn in this Beginner series. Fast & fiery to slow & smooth, this dance includes isolations, flowing hand/arms, figure 8's, a Greek dance and the beautiful Veil dance- all set to a fantastic mix of world music. Increase flexibility, work all muscles especially the core; and feel *great* in this FUN & friendly class! Wear comfortable stretchy clothing; best are thick sox or slipper sox. **For women of all ages, body types & fitness levels.**

Carolisa has over 20 years experience teaching dance classes and Workshops to all generations and for any occasion... from kids' classes to gold classes. She also runs a Family Fun Dance Workshop! She is also an experienced DJ for corporate events, theme parties, reunions, Retro parties, weddings & anniversaries, and family & kids' parties. moonlightdjz@gmail.com or 978-937-7937

* More classes and events may be added in the future. Please let her know which classes interest you and what days, evenings & times work best; she welcomes your feedback!