Dance / Karaoke Party

Every Monday
1:00pm - 4:00pm

This class will give the opportunity for participants to be active and try different forms of dance. We will listen to music and explore different types of dances, including hip hop, modern, Zumba and others. Dancing helps physical activity including balance, coordination, and flexibility. The class will also have an opportunity for participants to practice their singing skills.

Activity cost: Varies
Class size: 10

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