



In North Texas

Add Quality To Your Life - Learn To Dance

### ***It Is Fun, Fitness, and Friendship.***

You don't just sit around and watch. You are right in there as part of the show, active and enjoying the company of your fellow dancers. It is a fitness activity that lets you have a good time and make new friends.

### ***It Is Non-competitive.***

Here's an activity you can do with your partner that doesn't keep a score. With other fitness activities, you're either alone or competing. But when you dance, you're cooperating; working with others. It is the ultimate togetherness workout.

### ***It Is Also Enjoyed By Singles.***

Although dancing is a couples activity, many singles do participate. Club "Angels" help (partner) during lessons. After lessons, our area has several Singles clubs where an enjoyable evening of dancing and socializing can be found.

### ***A Note for the Men...***

The dance Caller is responsible for the choreography. You're not on your own trying to figure out what to do. You and everyone else simply follow the calls. There's no guesswork, or question about making up moves, or

whether your partner can follow your lead. So there's no worry. Everyone just has a great time moving to the calls and dancing to the beat of the music.

### ***No experience necessary...***

New dancer lessons are sponsored by nearly all of the 40 some clubs in the North Texas area. Your Caller teaches you from the ground floor up, and you will feel a warm sense of accomplishment as you learn the various moves. You will be active and dancing at every lesson!

### ***DANCING...***

is fun and provides both mental and physical health benefits in a smoke and alcohol-free environment.



For lesson information, go to... [www.LifesJustADance.com](http://www.LifesJustADance.com)

Dancing is good for the mind, body, and soul

Dancing is healthy social entertainment at its best

**Today's choreographed dancing** is a fun activity, set to up-beat music that offers a great social interaction which includes:

- Square Dancing
- Round Dancing - (Choreographed Ballroom Dancing)
- Clogging

Information...

