



HOME SOCIAL HEALTH MUSIC DRESS LEARN HOW PLAN YOUR PARTY FIND CLUBS FIND CALLERS

CONTACT
Phone: 402-292-3130
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FAQs

Common Questions & Answers

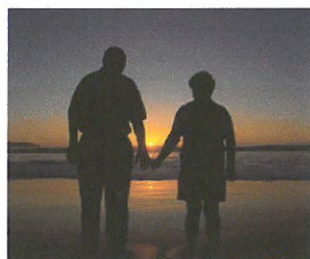


You can exercise in many ways, but SQUARE DANCING IMPROVES MORE ASPECTS OF YOUR MENTAL, PHYSICAL, & SOCIAL HEALTH



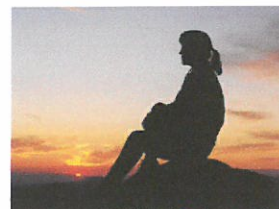
LOWER BLOOD PRESSURE
STRENGTHEN BONES
SLOW LOSS OF BONE MASS
LOW IMPACT AEROBICS
CARDIOVASCULAR
CONDITIONING

IMPROVE CHOLESTEROL PROFILE



STAY ACTIVE
LONGER
MENTALLY
AND
PHYSICALLY

DANCE 3 TO 4
MILES
PER EVENING
WITHOUT EVEN
NOTICING!
AND
BURN 300 TO 800
CALORIES!



YOU CAN'T
THINK ABOUT
THE DAY'S WORRIES
WHEN
YOU'RE
LISTENING
FOR THE CALLS

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