



**ELEGANT DANCE,  
BODY COORDINATION,  
MUSCLE TONING, &  
FUN!**

In this exercise class you will learn exotic traditional dance moves influenced by Mediterranean cultures, like Greek, Turkish, Egyptian, Persian, and more. At the same time, you will be enjoying international music and learn how to feel the music and perform delicate moves accordingly.

Through this interactive dance class, you will also receive health benefits, including cardiovascular improvements, weight loss, preventing disease, reduce stress and burning calories (more than 300 per session!)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MEDITERRANEAN DANCE FUSION

**\$8.00 non member price**

**Free to members**

**DAY: Every Friday**

**TIME: 12:00 – 1:00 PM**

**INSTRUCTOR: Nita**

**WHERE: The Multipurpose Room**

**Grants Pass Family YMCA  
1000 Redwood Ave  
Grants Pass, OR 97527**