



# TAP DANCE & RHYTHMS

WITH  
LAURA FREMONT

CLUBHOUSE 5 FITNESS ROOM | **THURSDAYS** | 10:30 TO 11:30 A.M.

Purchase a punch card at the Clubhouse 5 office or Community Center recreation office  
First class is free | \$25 for five classes

What's more fun than listening to music from your favorite decades?  
Tap dancing to your favorite tunes! Standing, sitting or using your assistive  
rocker or cane—as long as you feel the beat, you're tap dancing!  
Enjoy basic warmup and easy exercise, practice rhythms to stretch your  
mind and inner dancer, and then learn a routine to engage your creative/performance skills.  
Stay an additional 20 minutes to challenge your dance with speed and augmented moves.  
Connect to your inner Fred Astaire and Ginger Rogers.