



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Celebrating National Dance Day

Open House at YMCA Anthony Bowen  
Saturday, September 16<sup>th</sup>

Come and enjoy a day full of dance with  
our group exercise instructors.

Participants are welcome to attend  
any and all formats!

**10am**

Cardio Hip Hop with Mike

**11am**

Zumba with MJ

**12pm**

Soca Beats with Ro

**1pm**

Xtreme Hip Hop Step with ShaQ

**1:15pm**

Aqua Zumba with Ro



We look  
forward to  
seeing you on  
the dance  
floor!