

Get up and Get Movin!

What is the best way to combine
EXERCISE and FUN?

DANCING!

Essence Big Band Dance Classes

Bring a partner OR come solo and join instructor—**Becky Kern** as she gets you movin' to the beats of the 30's, 40's, 50's, and 60's! Get your friends together and learn some new moves or brush up on the old ones.

*Classes begin January 7 2008 Through February 14, 2008
Tuesday and Thursday • 10-11:00 a.m.*

6 week course (Classes end Feb. 14)

Belleville Parks & Recreation Department

Nichols Community Center

515 East "D" St., Belleville IL

Call: 618-277-9785



Essence Healthcare Members - FREE

*Essence members can register at no cost with the presentation of
Essence Card number at time of registration.*

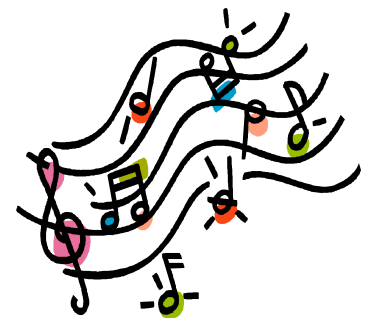
Individuals-General public - \$30

Master Card/Visa Available

Advanced Registration is required.



Sponsored by
**Essence Healthcare and
Belleville Parks & Rec, Dept.**
www.belleville.net



Belleville



Parks & Recreation