

# Coming soon to NORTHVIEW CENTER



## groove

Groove is a dynamically interactive and creative group dance experience. With great music, your facilitator will UNITE everyone in a simple movement or rhythm but you get to dance it in your own UNIQUE way. While exploring a variety of styles and genres, you will experience everything from slow, delicious, meditative grooves to heart thumping and strength building cardio beats. The perfect recipe to nurture your body, mind, heart and soul.

[www.theworldgroovemovement.com](http://www.theworldgroovemovement.com)

**Free  
Demo Class: Wednesday, July 17**

**Class Date: Wednesdays,  
July 24-Aug. 28**  
**\*6 week session**

**Time: 6 p.m.**

**Fee: \$25**

**Where: Northview Center  
301 E. Talmage St.**

**Who: 16 years and older**

**Instructor: Jen Keet**

**To register or for more information**

Visit: Northview Center at 301 E. Talmage St.

Call: 417-837-5808

[ParkBoard.org/Northview](http://ParkBoard.org/Northview)

