



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.theworldgroovement.com

Date:	Wed., Sept. 11- Oct. 16 *6 week session
Time:	6 p.m.
Fee:	\$25
Where:	Northview Center 301 E. Talmage St.
Who:	16 years and older
Instructor:	Jen Keet

Register by Mon., Sept 9

To register or for more information

Visit: Northview Center at 301 E. Talmage St.

Call: 417-837-5808

ParkBoard.org/Northview

