



**Dance & Fitness with Tina**  
**Athena House 989 East St, Westfield**  
**Small groups; clean; stress-free**



**Stretch & Strengthen for Baby Boomers**

Both on the floor and standing. Strengthen your core and improve flexibility/balance. Relaxed atmosphere. All skills levels. No jumping or squatting; No shoes, but wear socks.

***Ongoing -- Mondays, 4:30***

***Drop in rate \$9 Contact Tina before coming.***



**Salsa Freestyle Solo—no partners \$55**

**Wednesday May 12-June 2** Fun dance workout--Salsa/Latin patterns/turns



**Private lessons in Social Dance**

**Foxtrot, Slow-Dance, Swing, Latin dance**

**Schedule your 1-hr lesson \$50/couple**

Make it a "date night." Purchase a gift certificate.

Tinatango@aol.com  
www.TinaMangosArts.com  
Text/call 773 443 2623  
*The Art of Creative Living*

