

LEARN
★ **Clogging** ★

IN RENO

For Fun and Exercise.

The 1st Class of 14 Is Free!

Where: Senior Center @ 9th and Sutro

Tuesday Afternoons 1:30 PM

Session I January 25th through March 8th

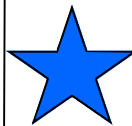
Session II (continuation of Session I) March 15th through April 26th

Fees: Session I \$36 Session II \$42

The Senior Center is considered a community center, and all ages are welcome.

Wear comfortable clothing and athletic shoes. If you already have tap shoes wear those.

Clogging is somewhat like Irish step dancing. It is aerobic and can help with gaining and maintaining fitness, stamina and balance



Science has proven that learning new things and keeping the mind active keeps us “young” and helps with over all memory.

Please Call before attending and if you have questions

Bonnie Larsen: (775)972-0583

Email: clogreno@charter.net

Check out the web site:

www.ncca-inc.com or

For my web site click on “Clubs” and

then select “Senior Stompers” or

<http://webpages.charter.net/clogreno/>