

DANCING

Zaža's Dance Studio

Have Fun! No Partner Required! Bring Your Friends...



Tuesday 2 - 3 pm Beginner 3 - 4 pm Intermediate

Thursday 10 - 11 am Beginner

\$5 per Session

Geelong Ballroom

Carey Street, Hamlyn Heights, Geelong

For Information and Booking

Call Zaža on 0409 321 643 or Email: to2tango@bigpond.com

Everyone knows that exercising is important.
**How about trying a fun alternative to the gym
where you could meet new people?**

Come to Zaza's dance class to learn the steps that will help you to move rhythmically around the dance floor to beautiful music.

Dancing can improve your memory and may help develop your balance and it can increase fitness.

Taking up dancing lessons can help to bolster balance, strength, endurance, concentration, and memory.

“As we grow older, most of us typically experience a decline in mental and physical fitness, which can exacerbate conditions such as dementia and Alzheimer's disease. But there is good news: A growing body of clinical studies find that aerobic exercise- especially in the form of learning dance routines -can help maintain the youthfulness of your body, mind, and brain across a lifespan.”

- Christopher Bergland
(a world-class endurance athlete)