

*Dancercise  
with  
Wendy Heagy*

**WHEN** : SATURDAYS 8-9 AM

**WHERE** : ZOOM (LINK PROVIDED 30 MIN.  
BEFORE CLASS)

**NEEDS** : FLOOR SPACE, TOWEL, LIGHT  
WEIGHTS, RESISTANCE BANDS, WATER  
AND **THE JOY OF THE LORD!**

**FEE** : \$10 per class  
( VIA CASH APP or VENMO)

**SIGN UP** : [WENDYHEAGY@GMAIL.COM](mailto:WENDYHEAGY@GMAIL.COM)  
**Class limited to 15 people**



HI EVERYONE,

I GET IT! IT'S BEEN A **CRAZY** COUPLE OF YEARS AND OUR BODIES HAVE **GONE THROUGH!!**

WE ARE AT THAT PLACE WHERE WE KNOW WE NEED TO MOVE BUT WE ARE JUST NOT MOTIVATED!

I HAVE BEEN DANCING FOR OVER 40 YEARS AND I WILL ALWAYS BE A DANCER BUT RIGHT NOW ...

I NEED TO **GET IN SHAPE!**

COME AND JOIN ME AS WE **DANCE/EXERCISE** OUR WAY TO A HEALTHIER US!

ONE HOUR OF STRETCHING, DANCING, RESISTANCE BANDS AND LIGHT LIFTING,  
ALL TO INSPIRATIONAL MUSIC.

CLASS IS OPEN TO **ALL LEVELS** AND IS LOW IMPACT.

**EASY, FUN AND REFRESHING! YOU ARE GOING TO LOVE IT!**

TO SIGN UP, KINDLY **EMAIL ME** AND YOU WILL RECEIVE A CONFIRMATION EMAIL. IF YOU HAVE ANY  
QUESTIONS, PLEASE DO NOT HESITATE TO ASK WITHIN THE EMAIL.

THANK YOU FOR COMING ON BOARD AND I LOOK FORWARD TO **DANCERCISING** WITH YOU ALL!