



EXERCISE CLASSES

Senior Activity Center

107 South Broad Street, Gastonia, NC 28052

Instructor:
Lucinda Marlowe

Sign up at
Bodyworks-linedance.com
**Bodyworks- Cardio
Line Dance**
Upbeat line dance steps
formed into a cardio
workout

(Continuous Class)
Fridays, 9:30AM-11AM
\$5 Per Class

Instructor:
Wanda Huss

Line Dance
Learn basic steps or brush
up on new ones

(Continuous Class)
Wednesdays,
1PM-2PM
\$3 Per Class
(Beginner Friendly)

Instructor:
Judy Blankenship

Hatha Yoga
Traditional floor mat yoga

(Continuous Class)
Tuesdays, 3:30PM-5PM
\$5 Per Class

Chair Yoga
Low-impact, deep stretching

(Continuous Class)
Fridays, 11:30AM-12:45PM
\$2 Per Class

**For more information, please call
(704) 866-6848.**