



## You're Invited: Dance Classes

Please join us for fitness and fun as we learn a variety of easy dances from the U.S. and around the world. We'll enjoy line dances, circle dances and other traditional formations. Some of the music will be familiar, and some will be unusual with fascinating rhythms.

Partners are not necessary! Just wear comfortable, supportive shoes that stay on your feet (no flip-flops, sandals or stiletto heels). Athletic shoes with a smooth sole are also fine. Invite your friends--the more, the merrier!

**Location:** YWCA San Antonio, 503 Castrovilla Road  
San Antonio, TX 78237

**Time:** 9 – 10 a.m. (all dates)

**Dates:**

October 26, 2018	May 24, 2019
November 30, 2018	June 28, 2019
December 21, 2018	July 26, 2019
January 25, 2019	August 23, 2019
February 22, 2019	September 27, 2019
March 22, 2019	October 25, 2019
April 19, 2019	

eliminating racism  
empowering women

**ywca**



FROM  superior  
healthplan.

**Questions?** Contact the YWCA San Antonio at 210-433-9922 (TTY: 711) from 7 a.m. to 6 p.m., Monday through Friday.

Allwell is contracted with Medicare for HMO, HMO SNP and PPO plans, and with some state Medicaid programs. Enrollment in Allwell depends on contract renewal.

SHP\_20184723

Y0020\_18\_9528FLY\_M Accepted 10022018