

Dance For Fitness and Fun

Learn ballroom dancing while improving balance with our professional dance instructor/dance therapist. This is a gentle dance class that is specifically designed for adults 65 and older. The class will begin with a fun warm-up session that is done both standing and sitting. You will leave each week able to step out to a different dance including the tango, merengue, rumba and waltz. Studies have shown that dance maintains cardiovascular fitness, enhances emotional well-being, strengthens weight-bearing bones, and slows loss of bone mass. No previous dance experience necessary.

Dates

DFF 4 Mondays: March 7, 14, 28, April 4

DFF 4 Mondays: May 9, 16, 23, June 13 (excluding May 30, June 6)

Time

10:30 – 11:30am

Fee

\$90/ 5 sessions

Location

Hospital for Special Surgery
Richard L. Menschel Education Center
535 East 70th Street
(between York Avenue & FDR Drive)

Instructor

Oleg Trebunski, Professional Dancer and Coach, Latin and Ballroom Dance



SPRING 2011 DANCE FOR FITNESS AND FUN

Name _____

Address (City/State/Zip) _____

Home Phone _____

Fee: \$75/4 Sessions

Cash/Money Order _____

Check # _____ Make checks payable to: **Hospital for Special Surgery**

Credit cards accepted (check) Amex__ MasterCard__ Visa__

Card# _____

Exp. Date: _____ Amount enclosed \$ _____

Signature Authorization _____

Registration form and fee are required before class begins. You will receive a confirmation notice.

For further information:

Call: (212) 774-2793

Email: pped@hss.edu

Register online: www.hss.edu/pped

Mail registration and payments to:

Hospital for Special Surgery
Education Division
535 East 70th Street
New York, NY 10021

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