

THE GLEANINGS FOUNDATION PRESENTS

Moving Rhythms

an aerobic dance and exercise class with choreographed movements and Free Play



- Enjoy the music
- Exercise with community
- Benefit from physical activity
- Create your own experience
- Just have fun

Classes taught by **Shaun Conroy**, a Physical Therapist with over 20 years of practice experience. Trained in teaching NIA, a non-impact aerobics movement class, Shaun creates a fun and stimulating experience which people of all ages can participate in and enjoy.

WHERE: Classes held at **THE HARVEST HOUSE** off of Mt. Creek.

WHEN: **THURSDAYS** from 5:30 – 6:30pm beginning Sept. 27th.

COST: By Donation to The Gleanings Foundation.

CONTACT: Terri Jiang to register (828) 479-2233 or gleaningsfoundation@frontier.com