

# Aerobics/Pilates & Line Dancing Classes

The City of Longwood will be offering Aerobics/Pilates & Line Dancing on the following dates/times:

## AEROBICS/PILATES & ZUMBA/PILATES

Aerobics/Pilates - Tuesday, ~ 5:30 P.M. - 6:30P.M.

Aerobics/Pilates - Thursday, ~ 5:30 P.M. - 6:30P.M.

Zumba/Pilates - Tuesday, ~ 6:30 P.M. - 7:30 P.M.

Zumba/Pilates - Thursday, ~ 7:00 P.M. - 8:00P.M.

\$40.00 for entire 8 week session (seniors 60 + \$32.00)

### Next session start dates

TBA



## LINE DANCING (now on Tuesday)

Tuesday, ~ 7:30 P.M. - 8:30P.M..

\$30.00 for entire session (senior discount \$25.00)

Please bring a mat, tennis shoes & hand weights (if possible) to Aerobics Pilates and leather soled shoes for line dancing or Zumba.

All classes will take place at Longwood Elementary School  
(840 Orange Ave., Longwood, FL 32750)

**To sign up**

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**Please Contact Instructor, Joy Hinkle**

407-695-1023

[JoyShirtworks1@aol.com](mailto:JoyShirtworks1@aol.com)



It Starts in Parks