

PE for Parents! - Dance Fitness

A 6-Class Program for Meadowbrook parents, staff and friends who want to exercise through learning hip-hop and latin dance.

When: Tuesday nights, 8:30 to 9:30, from February 4th to March 10th

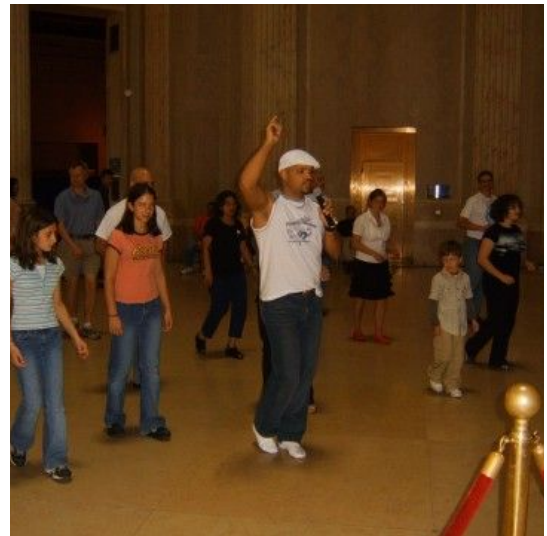
Where: Meadowbrook Gym

Cost: \$60 (\$10/class)

In addition to our Meadowbrook parent basketball/volleyball nights, we'll now be offering another "PE for Parents" activity. Dance instructor Victor Colon (father of twins Mia '27 and AJ '27) has kindly offered to share his expertise with the Meadowbrook community in a series of dance classes focusing on the hip-hop and latin styles. Victor has spent many years teaching adults



at local studios and teaching kids throughout the Philadelphia school



district. No dance experience is necessary. All levels of physical fitness are welcome. If you'd like to learn some new moves and get your sweat on in a fun, safe and supportive environment, then Victor's class may be the one for you. Please return this form and payment to Mr. Oser. Checks can be made out to the Meadowbrook School.

Name: _____