



New Session Begins in January!

Dance Conditioning for Adults

With Corrie Befort

Open to dancers and non-dancers, Dance Conditioning for Adults is taught by Corrie Befort, an extraordinary dancer, performer, choreographer, and instructor (see www.cbefort.com and www.salthorseperformance.com) who also teaches a Dance for Parkinson's class at FDW. Dance Conditioning is for anyone and everyone, incorporating practices from yoga, Pilates, and strength/postural balancing as well as basic toning and stress/tension relief. Students are asked to bring yoga mats.

Tuesdays, 9:30 – 10:30am

LensWork Building (next to FDW)

January 3 – February 7

\$65

For more information, contact Fidalgo DanceWorks at (360) 299-8447.