

PHILLY'S GOT DANCE PRESENTS

Senior Groove & Stretch

A low-impact dance and movement class designed for adults 55+ to move, groove, and feel great!

WHAT TO EXPECT

- Gentle dance and stretch sequences to improve balance and mobility
- Fun, upbeat music that lifts the spirit
- Simple choreography for all fitness levels
- Relaxed pace with breaks and modifications
- Great opportunity to meet new friends and stay active
- Confidence, laughter, and community connection



WHO CAN JOIN

Adults ages 55 and up – all experience levels welcome!

📍 LOCATION: 4305 Locust St, Philadelphia, PA

📅 DATE & TIME: Wednesdays | 11:00 AM

💰 COST: \$10 per class

www.phillysgotdance.com