

KT INTRODUCES YOUR CENTER TO A COMPLIMENTARY INTRODUCTORY DANCE AEROBICS ON ZOOM



Join KT in the Zoom Gallery on
Mondays or Thursdays at 9:30 am
to schedule your center's
45-Minute "Trial Class"

- ☺ —> MOVEMENT AT YOUR OWN PACE
- ☺ —> FUN MUSIC FROM ALL ERAS
- ☺ —> STRETCHES ~ WARM UP/COOL DOWN
- ☺ —> DANCE STEPS FOR OUR MUSCLES & BRAINS
- ☺ —> LAUGHS AND SUPPORT



CHECK OUT KT'S WEBSITE UNDER "MEMORY CARE"
AS WELL AS UNDER "SERVICES" —> "KT VIDEOS"
FOR DEMONSTRATION CLASSES

JOIN
KT

Call or Email KT

310-266-0416

AgelessAerobicDance.com

kt@agelessaerobicdance.com

KEEP
RESIDENTS
ACTIVE