







September 2021

Ageless Aerobic Dance
 310-266-0416
 kt@agelessaerobicdance.com



September 18th is National Dance Day.
 Let's celebrate and get dancing!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
	 <p>“Thanks, Kathy, for having Dance Aerobics on Zoom. It's the Highlight of my week. I love the music and it gets me moving!” ~Monica</p>					
5		6	7	8	9	10
			Tuesday Zoom Ageless Aerobic Dance 10:30am AZ Time/PST			11
12	13	14	15	16	17	18
	Longhaven Zoom Ageless Aerobic Dance 11am AZ Time/PST	Tuesday Zoom Ageless Aerobic Dance 10:30am AZ Time/PST				National Dance Day
19	20	21	22	23	24	25
	Longhaven Zoom Ageless Aerobic Dance 11am AZ Time/PST	Tuesday Zoom Ageless Aerobic Dance 10:30am AZ Time/PST				
26	27	28	29	30	 <p>Key to GREAT Health? Moving EVERY Day !!!!!</p> 	
	Longhaven Zoom Ageless Aerobic Dance 11am AZ Time/PST	Tuesday Zoom Ageless Aerobic Dance 10:30am AZ Time/PST				