



LOW IMPACT **LINE DANCING** FOR OLDER ADULTS

Our dances are simple enough to enjoy without stress, yet engaging enough to keep you moving with purpose.

- Focus on the joy of music and movement instead of memorizing lots of steps
- Each class includes at least two variations so every level feels comfortable (with seated versions available)
- You can request a dance to learn or a song to inspire a new routine
- Tisha makes learning easy, fun, and welcoming for everyone

Line dancing is good for the body and the mind. You'll strengthen your balance, improve coordination, and stay physically active while enjoying uplifting music. The choreography is simple, yet provides just enough challenge to keep your mind sharp.

Not Your Typical Line Dance offers classes for all ages, with a special focus on older adults. Instructor Tisha Littlejohn loves sharing her passion for dance and making each class a joyful experience. You'll enjoy familiar favorites as well as custom routines created just for the group.

Why join Not Your Typical Line Dance?

"Every class feels like a party with friends — I always leave smiling."

"It doesn't even feel like exercise, but I know it's keeping me strong and active."

"It's the highlight of my week."

 www.NYTL.dance

 866.760.1818

