

Introducing
WHDA FITNESS FUN
Fitness Training Program

You won't even know you're exercising!

Come join in the FUN
Classes begin January 12th
at

The Windwood Hill Dance Academy

- ◆ Yoga Fitness– Mondays 7:30pm
- ◆ Interval Training– Thursdays 6:30pm
- ◆ Kickboxing– Thursdays 7:30pm
- ◆ Zumba– Mondays 6:30pm,
Wednesdays 6:45pm
(Starting 01/14/2015)
- ◆ Adult Dance Classes–
Ballet, Tap, Jazz & Irish
(call for Class Schedule)
- ◆ Saturday Morning Classes Available
(call for Class Schedule)

WHDA Offers:

Unparalleled Quality Instruction.
Relaxed, Friendly Atmosphere.
Fun-Filled Classes for all Ages.
It's not too late to Register for
Dance Classes - Ages 3-Adult.

**CALL NOW for More Information
and to Get Started!**

The
Windwood Hill
Dance Academy

119 Jackson Ave.
New Milford, PA 18834
(570)465-2147 or (570)278-2160
www.windwoodhilldance.com

