



Think line dancing is just country? Think again and check out New Attitude's contemporary, progressive classes for **new beginners** starting at West Hillhurst Community Centre in the fall. Line dancing has become one of the fastest growing styles of dance and has become revitalized because of the variety of music. You'll dance to rhythm & blues, swing, Irish, jazz, Latin American, rock & roll, top 40, funk, retro and more. The best part? **You don't need a partner** and anyone can learn to line dance....even if you think you have two left feet! All you need is patience, persistence and practice!

Besides the fun and social benefits, line dancing is one of the best forms of physical and mental exercise and has been proven to reduce the risk of dementia and Alzheimer's. Other benefits include reduced stress, increased energy, muscle tone, coordination, stamina, flexibility and balance, decreased blood pressure and improved cholesterol levels. Line dancing is one of the best activities you can do for total body wellness. While many start out with the intention of taking a session of classes for the exercise, many more find themselves becoming addicted to line dancing because they love the music, the confidence that grows from mastering a dance, the friendships that start to form and more. Come on out and join others, like yourself, who are discovering why line dancing is enjoying a revival and becoming one of the most popular forms of dance.

West Hillhurst Community Centre, 1940-6<sup>th</sup> Ave. NW (dance studio)  
Fridays, Sept. 23-Nov. 25 (8 weeks) (no classes Nov. 11 & 18)  
10:30-11:30 a.m. Beginner Level  
\$80.00

Saturdays, Sept. 24-Nov. 12 (8 weeks)  
12:30-1:30 p.m. Beginner Level  
\$80.00

Class sizes are limited and pre-registration is necessary. Please contact Sue Hall by phone at 403-249-5741 or email [suehall@telusplanet.net](mailto:suehall@telusplanet.net) to register or for more information. A registration form and more information can also be found at [www.newattitudelinedance.com](http://www.newattitudelinedance.com).