



# DANCE MOVES WORKSHOP

**CRAZY &  
CLEAN  
TAP FUN**

WITH **LAURA FREMONT**



**CLUBHOUSE 5 FITNESS ROOM | WEDNESDAYS  
OCTOBER 5, 12, 19 AND 26 | 1 TO 2 PM**

**EXPAND** your range of motion, **ENLIVEN** your joint functionality,  
**ENHANCE** your brain power and **ENGAGE** your creative spirit.  
Join our special tap-dance workshop for rhythmic moves, positive feedback  
and humor. Experience tap for a new level of empowering your life.

**SESSION 1 - DRILLS • SESSION 2 - SKILLS • SESSION 3 - FRILLS • SESSION 4 - THRILLS**

Register at the Clubhouse 5 office or Community Center recreation office.  
25-student limit.

**CALL 949-597-4273 OR EMAIL RECREATION@VMSINC.ORG**