

Polynesian Dance

WITH
LAURA DEGUIRE

Mondays from 1 to 2:30 p.m. | Starts January 13

Clubhouse 5 Fitness Room | Free drop-in class

Join in a joyful journey through the beautiful dances of Polynesia! In this class, learn low-impact island dances from Tahiti, Samoa, New Zealand and Hawaii. Whether you're new to dance or already love moving to the rhythm, this class is all about having fun while lifting your spirits and energizing your body and mind.

Instructor Laura DeGuire has spent decades sharing the magic of Polynesian dance, performing with "Thealani Dancers" in Riverside, California, for more than 25 years and "Tropical Paradise Dancers" in Orange, California, for nearly 20 years. Now, she is thrilled to bring the aloha spirit to Laguna Woods Village.

Together, attendees will create joy,
laughter and connection through dance!



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