

AFRO- CARIBBEAN DANCE

with Jeanne Christopherson

FRIDAYS AT 6PM

IN THE GROUP EXERCISE STUDIO

Celebrate your Friday night with the movement and music of the Caribbean! This high-energy class will include footwork, isolations, and stretching to engage your full body and spirit, while learning dances from Haiti, Brazil, and Cuba.

CHICO *Sports* CLUB
HEALTH & FITNESS