



SQUARE DANCE LESSONS



FREE LESSONS on
Sunday, September 13 and September 20, 2009
7:00 p.m. - 9:00 p.m.

SINGLES and COUPLES WELCOME NO PARTNER NECESSARY

GREAT EXERCISE

*Mayo Clinic study reports you can burn 200 – 400 calories
in just 1/2 hour of square dancing. Exercise mind & body.*

Square Up, Slim Down, and Promenade the Pounds Away

HAVE FUN! MAKE NEW FRIENDS!

Baker Community Center
101 S. 2nd St. (Route 31)
One Block South of Route 64
St. Charles, IL

Howard Hoffman - Instructor

Sponsoring Clubs: **Fox Valley Mixers** - Couples
Batavia Bachelors 'N' Bachelorettes - Singles

Co-Sponsored by St. Charles Park District



For more information contact:

Fox Valley Mixers: Pat or Barb - 630 584-9257 or email MrPACain@aol.com
Bachelors 'N' Bachelorettes: Alice 630 584-1343

Visit us online at:

<http://www.foxvalleymixers.org>
<http://home.comcast.net/~edhaering/batavia.htm>

JOIN THE FUN
LEARN TO SQUARE DANCE