

Linercise

Choice of 6 Week Sessions:

- August 25 - September 29th
- October 6 - November 10th
- January 5 - February 9th

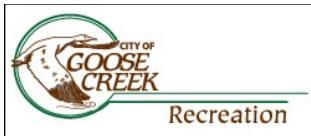
Wednesdays, 6:15 - 7:15 p.m.

At the Casey Community Center on Old Moncks Corner Road



For Ages 15 & up

Instructor Marlene E. Woods



Get up off that sofa!

Join us for an hour of fun doing some of the latest line dances while getting a great low impact workout.

You'll be doing the Electric Slide, the Macarena, the Cha Cha Slide, the Stomp and the Gospel Slide, just to name a few.

Don't be fooled, this a a real workout, so come prepared to sweat!

No experience necessary, just a smile and happy feet.

Cost Per Person:

\$60 resident/ \$65 non-resident

Wear tennis shoes and workout clothes.

For more information contact the Casey Community Center at 572-1321, the Goose Creek Recreation Commission at 569-4242 or visit www.goosecreekrecreation.com