

Movin' & Groovin'

Dance Fitness Classes

O'Neil Recreation Center / 6448 W. Missouri Avenue

FREE!

Monday - Friday

8:30am - 9:30am & 6:30pm - 7:30pm

Ages
18+

Get on Your Feet & Exercise to the Beat!
in our free virtually led fitness classes.



Glendale
ARIZONA

Register Today. Drop-ins Welcome!

For more information, call 623-640-0893 or
email Aaron Crow at acrow@glendaleaz.com