

KATHY BAILEY
FALL 1, 2017 CLASS SCHEDULE

(805)496-1529
www.dancingkathy.com

MONDAY 9/11-10/23

7 weeks for \$45

2:15-3:10 p.m. Stretch, Tone & Balance - *Get fit with elements of Yoga, Pilates and standing poses while working at your own pace. Bring a yoga mat and a pair of 1-3 lb hand weights.*

3:15-4:10 p.m. Line Dancing I - *Easy level dances taught, danced and reviewed.*

4:15-5:10 p.m. Line Dancing II - *Challenge yourself with intermediate level dances.*

5:15-6:10 p.m. West Coast Swing - *Interactive and playful, done to blues, jazz and more.*

Location: Goebel Adult Center, 1385 E. Janss Rd., Thousand Oaks (805)381-2744

TUESDAY 9/12-10/24

7 weeks for \$50

7:15-8:30 p.m. Line Dance Party - *The most fun you'll have with your boots on! Learn mixed level dances done to various genres of music. Beginners and intermediate dancers welcome.*

Location: Conejo Community Center, 1175 Hendrix Ave., Thousand Oaks (805)495-2163

WEDNESDAY 9/13-10/25

7 weeks for \$45

1:15-2:10 p.m. Stretch, Tone & Balance - *Get fit with elements of Yoga, Pilates and standing poses while working at your own pace. Bring a yoga mat and a pair of 2-3 lb hand weights.*

Location: Goebel Adult Center, 1385 E. Janss Rd., Thousand Oaks (805)381-2744

NEW! THURSDAY EXPRESS WORKSHOPS 7:15-8:45 p.m.

9/14-9/21 Country Two Step - A smooth, progressive partner dance done to country music. \$22

9/28-10/5 East Coast Swing - Simple footwork and fun turns done to upbeat music. \$22

10/12-10/19 Lindy - Expand your swing dancing repertoire with this smooth vintage dance. \$22

10/26 Night Club Two Step - A romantic partner dance done to ballads; perfect for weddings. \$12

Location: Conejo Community Center, 1175 Hendrix Ave., Thousand Oaks (805)495-2163

Please register before the first class either online at www.crpdc.org or at the class location.

Let's Dance Country Instructional DVDs make a great gift! For only \$15, you'll learn 15 line and partner dances. See Kathy at class or visit www.dancingkathy.com for details.

4th Friday West Coast Swing Dance & Potluck at the Simi Valley Sr. Center, 3900 Avenida Simi. 6:30 pm Beginning dance lesson for only \$5, 7:30 Intermediate lesson with open dancing to DJ music for \$12. Dance Buddies get in for \$10 with valid membership card. Male dance hosts must reserve your spot in advance; contact Kathy for information. Potluck items welcome.

Kathy will come to your home or office to teach and/or DJ at your next special event! She is also a state certified Massage Therapist with over 19 years of clinical and therapeutic experience. Mention this schedule and receive \$15 off your first massage or reflexology session!

As an established Avon representative of over 31 years, Kathy offers value and quality on your beauty and gift needs. You can view the current brochure and place an order at www.youravon.com/kathleenbailey.

Finally, her love of sewing brings the newest Wine Knot collection to life! See samples of her wine and water bags and pockets (coasters that stay on your wine glass) at www.dancingkathy.com/wineknot.

Email: Kathy@DancingKathy.com