

MONDAYS ON ZOOM (ongoing)

6 weeks for \$42

10:30-11:30 Stretch, Tone & Balance - *Get fit with elements of Yoga, Pilates and standing poses while working at your own pace. Have ready a yoga mat, sturdy chair and a pair of 1-3 lb hand weights. Yoga block and resistance band are optional, but helpful. Register by sending your class fees via Venmo @kathy-bailey-44 or Zelle (805-496-1529). Please indicate which day(s) you are signing up for.*

TUESDAYS IN PERSON (3/12-5/14)

6:45-8:00 p.m. Line Dance Party

8 weeks for \$75

The most fun you'll have with your boots on! Learn mixed level dances done to various genres of music. All levels welcome and no partner needed. Register through CRPD.org or at class location Conejo Community Center, 1175 Hendrix Avenue, Thousand Oaks. Phone: 805-495-2163.

NEW! Beginning Line Dancing (3/12-5/14) 4-5pm

8 weeks for \$75

Learn easy level dances, have fun and meet new people. No experience or partner required. Smooth soled shoes recommended or you can purchase foot socks at class for \$5/pair. Register through CRPD.org or at class location Borchard Community Center, 190 N. Reino Rd, Newbury Park. Phone: 805-381-2791.

WEDNESDAYS IN PERSON (1/24-3/6)

8 weeks for \$75

1:15-2:10 p.m. Stretch, Tone & Balance – *See Monday description for supply list.*

2:30-3:25 p.m. Beginning Line Dancing – *Learn easy level dances, have fun and meet new people. No experience or partner required. Smooth soled shoes recommended or you can purchase foot socks at class for \$5/pair. Register through CRPD.org or at class location Goebel Adult Center, 1385 E. Janss Road, Thousand Oaks. Phone: 805-381-2744.*

NEW! Intermediate+ Line Dancing (no class 2/14)

6 weeks for \$63

6:45-8:00 p.m. *Learn intermediate and above level dances in this 75 minute class. Prerequisite: Beginning line dancing or equivalent. Register through CRPD.org or at class location Conejo Community Center, 1175 Hendrix Avenue, Thousand Oaks. Phone: 805-495-2163.*

For Zoom classes, please register by sending your class fees to either Venmo @kathy-bailey-44 or Zelle (805)496-1529 and include the first class date you are signing up for, your email address and cell phone number. You will receive confirmation via email and a log on link the night before class.

For in-person classes, be sure to confirm your class start dates before attending.

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 26 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 36 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 Denim and cotton face masks to her existing Wine Knot collection! See samples of her masks, wine and water bags and pockets (coasters that stay on your wine glass) at www.dancingkathy.com/wineknot.