

# Cardio Dance Fitness Class



## Live on Facebook with Ms. B!

Suitable for all ages and abilities, please join us for a half hour cardio dance class (similar to Zumba) with your P.E. teacher, Ms. Bonner!

Date: Wednesday June 3rd

Time: 3:00pm

Duration: 30 min

This class is family friendly and FUN! Streamed music will be popular top 40 music made by Kidz Bop including Timber, Dance Monkey, and Who Let the Dogs Out.

Ms. B will be live on the St. Teresa's Facebook page (<https://www.facebook.com/stteresapawt/>). She will be signing on 10 minutes before starting class to be able to give people the opportunity to sign on and chat with any questions. With this Facebook feature she will be visible but participants are not on camera. Hope to see you there!