

It's ALL About the STEPS

Researchers found counting walking **STEPS**, caused people to exercised more than twice as much as those NOT counting **STEPS**
At any age Square Dancing benefits include improved physical, emotional and cognitive health, as well as better quality of life.

Where Ya gonna count **YOUR STEPS** to a **HEALTHY YOU?**
ALL while having a **GREAT** time with Old & New Friends?
COUPLES, Solos, Singles, ALL are Welcome

Introductory Sessions SOON (Attend ALL or just one, Ya Gotta try IT to Understand)
Entertainment, Old/New Friends, Physical & Mental Exercise vs Watching TV?

Santa Clara, Ca.

Introductory Sessions Tuesday evenings 7:00 - 8:30 PM January 2nd, 9th & 16th, 2018
Resurrection Lutheran Church 2495 Cabrillo Ave.

Los Gatos, Ca.

Introductory Sessions Tuesday evenings 7:30 - 9:30 PM January 2nd, 9th & 16th, 2018
Los Gatos Saratoga Youth Recreation Center 123 E. Main St. Room A

Cupertino, Ca.

Introductory Sessions Wednesday evenings 6:30 - 8:00 PM January 3rd, & 10th, 2018
Hyde Middle School 19325 Bollinger Rd.

This is an affordable 12-15 week **ADULT Square Dance Class**. **Don't knock it until you try it.**
Class Graduates will be able to experience the **FUN/Friendship/Exercise** and **ENTERTAINMENT** of dancing with one or more local Square Dance Clubs weekly. As well as visiting other clubs **WORLDWIDE**.

More Class Info.

E-Mail: classes@3osb.com

Call: [\(650\) 549-5273](tel:(650)549-5273)

Square Dance DEMONSTRATION

<http://3osb.com/demo>

If you love to travel, Square Dancers have **FRIENDS** just waiting for them to visit **WORLDWIDE**, and dance to calls

ALWAYS given in **ENGLISH**

Japan ? Germany ?

<http://3osb.com/japan>

<http://3osb.com/germany>

If you miss the start of these classes Let Your Heart NOT be Troubled

Classes will start again about every 15 weeks (**April 2018**) (**August 2018**)

Watch here for exact dates <http://3osb.com/square-dance-lessons>