

World Folk Dance



“Research shows that dance offers a wealth of anti-aging benefits. It’s also fun.” –NYTimes, 2019

Improve your balance, memory, physical fitness – AND HAVE FUN!

Enjoy beautiful international music and dancing.

No partners necessary, clearly taught lessons.

Instructor: Mary Ellen (Mel) Harte

**Fridays
@ 9 am – 11 am**

El Cerrito Midtown Activity Center
10940 San Pablo, Ave, El Cerrito
(510)559-7677

First time free! Fee: \$5.00 /class, Resident; \$6.00, Non Resident