



# Step into Rhythm

Experience the Energy of Latin American Line Dancing

## Latin American Line Dancing

Join us for a vibrant and energetic session of Latin American line dancing that will get your heart pumping and your feet moving! Whether you're a seasoned dancer or a beginner, this class is perfect for anyone who loves to dance to lively Latin beats.

### What to Expect

Our sessions incorporate a mix of popular Latin dances, including:

- **Salsa:** Feel the rhythm and let your body sway to the infectious beats.
- **Samba:** Experience the joy and energy of this lively Brazilian dance.
- **Cha Cha:** A fun and flirty dance with its distinctive shuffle steps.

Each session is designed to be **senior-friendly**, ensuring that everyone can participate and enjoy the benefits of dancing. The focus is on constant movement and having fun, while also getting a great workout.

### Class Details

- **Time:** 12:30 PM
- **Day:** Every Tuesday
- **Venue:** Keilor Sports Club, Keilor
- **Cost** \$5.00 per session.

### Your Instructor

**Maria Ballesta** will be your guide through these exciting dance routines. With years of experience in teaching Latin dances, Maria is known for her friendly approach and ability to make everyone feel comfortable on the dance floor.

### Benefits of Line Dancing

- **Improves Coordination:** Enhance your coordination and balance through varied dance steps.

- **Boosts Mood:** Dancing is a great way to lift your spirits and relieve stress.
- **Social Opportunity:** Meet new people and make friends in a welcoming environment.

Come alone or bring friends, and get ready to move your hips and clap your hands to the vibrant sounds of Latin music. We can't wait to see you there!

[A Club Membership is a requirement after three attendances...](#)

