

# Cottonwood Roadrunners

## Square and Round Dance Club

Website: <https://CottonwoodRoadrunners.org>

Email: [Info@CottonwoodRoadrunners.org](mailto:Info@CottonwoodRoadrunners.org)

## FUN FOR ALL AGES!



## COME LEARN TO SQUARE DANCE

**We Dance to Learn (& get better)!**

**Couples or Singles Welcome**

**Square Dance Attire not required**

**Classes: Wednesdays, Starting Sept. 19th, 2018**

**6:30 P.M. - 9:00 P.M.**

September 19<sup>th</sup> Lesson Free

\$5.00 per person thereafter.

*(If you prepay for the 2<sup>nd</sup> & 3<sup>rd</sup> Class, the 7<sup>th</sup> Class is, also, free.)*

**At: American Heritage Academy**

2030 East Cherry Street, Cottonwood, Arizona 86326

## Once you're a dancer join us...

On the 2nd Saturday of each month for a Square and Round Dance

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### Exercise For Your Body and Mind

According to Mayo Clinic and Scan Health, modern square dancing health benefits include improving cardiovascular health, help to prevent osteoporosis, lower blood pressure, prevents depression, helps concentration, increases stamina and flexibility and reduces stress and tension.