

***Want to Have Fun, Improve Fitness, Improve Focus,
Relieve Stress and Support an Important Cause?***

Attend our exercise fitness dancing classes for beginners,
intermediate or advanced levels
eat for young, mature and seasoned adults!

3 in 1 (three classes in one night)

5 Alive Steppers

Line Dancing Class

\$5/class



See website for details www.5alivesteppers.com 708-704-7309

Support fundraisers and have fun at the same time

- Fundraiser showcase to support high school graduates pursuing college
- Blood drive, high blood pressure/hypertension
- Prostate cancer Awareness
- Diabetes Awareness
- Breast Cancer Awareness
- Weight Management Awareness

