



Move Your Body. Lift Your Spirit.

The Healthy Hearts Social Group invites you to dance your way into better health!

At NorthPoint, we care about your wellness journey.

Our Jive, Line Dancing and Zumba/Dance Fitness classes are designed for ALL fitness levels and are a fun way to boost heart health, improve coordination, and reduce stress.

No experience needed—just come ready to move! All ages and abilities welcome! Wear comfortable clothing and supportive shoes.

BENEFITS

Dancing can help with:

- Strengthen your heart
- Improve endurance
- Boost mood and reduce stress
- Increase flexibility and mobility
- Improve balance and coordination
- Burn calories while having fun
- Connect with others in a supportive community setting

JOIN US

Location/dates/times:

- NorthPoint Wellness Studio, lower level
- Tuesday and Thursday, **June—December**, 6:00pm—7:00pm



Scan Me

QUESTIONS/REGISTRATION: 612.767.9500