



HAPPINESS IS A HABIT

Cultivate it.

Happy Spring!!!



It's Time for New Beginnings

Love this time of year. I can't wait to get out in the dirt and start planting everything. Filling those empty pots and containers with flowers and green stuff. It's all those positive vibes that the Earth gives you. That energy that lifts your spirits and makes life worth living.

The same way I enjoy giving life to the plants and designing the landscapes, I fill my classes with movements and music to fill your soul and strengthen your bodies. My aim is always to give you results.

I hope you take advantage of the chances or choices in life that you are given. Our bodies are our gifts. We are stewards of all gifts given to us. Let's take care of it the best way we know how.

I trust in positive vibes and using those vibes with the love I have for helping others. Waiting around to see if our environment will get better, is time we will never get back. Sometimes it becomes too late. Just one hour of each day to take care of yourself. This is self care that will sustain the abilities you have going for you today. We don't miss it until we lose it. Keeping our freedom to spend the rest of our lives doing the things we love.



New Adventures

For this next session I will be focusing on happiness. What affects it? How do we keep it? What do we nourish ourselves to maintain the good feelings and vibes through our bodies?

In my usual fashion we will be using a challenge to learn these elements. Join us, enjoy life again and feel the positive feeling of living life to the fullest.



What's Happening In Class

Boom Muscle Mon, Wed, Fri 10:30am West Crunch

Two new routines to help develop power in our legs, maintain our balance and strengthen our core.

Boom Move It/ Zumba Gold Mon, Wed 11:00am West Crunch

Introducing rhythms in Tango, Brazilian Samba and Caribbean Dembow and Reggae. Wednesdays 15 minutes before class is a mini workshop on the choreography used in class.

Boom Mind, Fri, 11:00am West Crunch

Introducing Tai Chi movements to develop better balance and coordination. Two factors that help with prevention of falling. It only works if you learn the practice. Floor work will be limited to meditation at the end of class. Bring your favorite pillow and blanket.

UCC Dover Class Starts New Session April 11, 2022 6:30pm 45 West Canal Road, Dover \$20.00 7 classes. 717 880 1556

Hugs, Peace and Love, Looking forward to seeing you in class, PattiK