



Chelmsford Line Dancing

11-week Program on Mondays

September 23 to December 16, 2019 (skipping October 15 and November 11)

4:15 – 5:15 pm

Town Offices, Lower Level Gym

Get In Line for Fitness

If you like to dance to country music, top 40, swing and everything in between then this fun class is for you. Come and dance to all the latest line dances being done around the world. This class offers a complete mix of music with emphasis on learning the basic terminology and basic steps of line dance. Improve your heart health, tone your body, reduce stress and dance away your calories.

- Free program open to all **Town of Chelmsford** employees and their spouses
- All levels of experience are welcome
- Please bring water bottle and wear comfortable clothing

Leader: Kathleen Crocker, Line Dancing Instructor

Registration: Please register by September 18 with Mary Harrington at mharrington@mma.org or 617-426-7272 x278. Please let Mary know if you are a MIIA/Blue Cross member. Class size limited to 40.

Free Telephone Coaching

Want to lose weight, improve fitness, reduce stress or some other health or wellness goal? [Click](#) to learn more. Only for MIIA/Blue Cross members.