



**With Ruth Elizabeth**

***At the Bendheim Western Greenwich Civic Center***

***449 Pemberwick Road, Greenwich, CT 06831***



***There are a lot of ways to lose weight. Some are just more fun.  
Join the ultimate dance-fitness party that beats a boring old  
workout any day.***

**Class times**

**Mondays: 8:50 a.m.– 9:50 a.m.**

**Tuesdays & Thursdays: 8 a.m. – 9 a.m. & 7 p.m. – 8 p.m.**

**Saturdays: 9 a.m. – 10 a.m., Sundays: 9:30 a.m. – 10:30 a.m.**

**\$15.00 per Class**

Register online at <https://www.ruthelizabeth.com>

For more information Email: [ruthybrasil18@aol.com](mailto:ruthybrasil18@aol.com)

or call at 914-409-6200