



# BE STRONG AND DANCE

JUNE 20-JULY 14

<https://forms.gle/iUCtwHkVys66s9wm7>

4 week course with  
Lynn Rule

Monday: Dance Cardio  
Thursday: Strength Training

6:00-7:00 pm

Roberta Pollard Studio  
993 Newfield Ave  
Stamford, CT  
Call 203-253-5913 or 203-  
322-0160 for info

