

DANCE²FIT

Instructed by Jessica Crow

This course will:



Inspire You to Make Positive Changes



Jumpstart a Healthy Lifestyle



Burn Calories While Toning Your Body



Improve Your Confidence

A Workout Anyone Can Do!

**BRTC classes will follow
AR Department of Health guidelines.
Face Coverings are required.**

Register at the Continuing Education Building
located on the BRTC Pocahontas campus, College Drive,
between the hours of 8:00 a.m. and 3:30 p.m.

For additional information or alternate registration:
Call 870-248-4180, e-mail cally.shore@blackrivertech.edu,
or visit our website at <http://www.blackrivertech.org/pocahontasce>.

**Corporate &
Community
Education**

Date:

**Thursdays
Sept. 24 - Oct.29**

Time:

6:30 - 7:30 p.m.

Cost:

\$45.00

**Registration
Deadline:**

**Tuesday,
September 22**



**BLACK RIVER
TECHNICAL COLLEGE**