

# Come Join Us for Beginner Dance!

For our *January Monthly Fitness Outing*



NutriFit Sport Therapy's "Be Fit for Life" Fitness group will be meeting for an Exploratory Movement Beginner Dance class on **Saturday, January 25, 3:00 p.m.** The class will be taught by a seasoned dance instructor, Susie Grimley, currently the director of Praise in Motion dance company. Susie began her dance training in Nashville, TN and continued after moving to Atlanta at Terpsichore, DG School of Ballet, and the Atlanta Ballet. Susie has performed as a guest artist with Covington Regional Ballet and as a company member with Refuge Dance Company, but her heart has been with Praise in Motion since she joined as a dancer in 2002.

The class will be held at a location to be determined and we will announce this closer to the date of the class.

Ready to have some fun and move your body in graceful ways like a ballerina? Come join us for beginner dance! RSVP by contacting the Nutrifit office at (770) 395-7331 or [info@nutrifitga.com](mailto:info@nutrifitga.com).