



Danville Family YMCA

African American Dance Workout

Fridays, 6:00 – 7:00 p.m.

YMCA Members free
Non-members \$5.00 per class or purchase a punch card.
You must pre-register: 434 - 792-0621 or at the front desk.

Group Exercise....We build strong kids, strong families, strong communities.



Nguzo Saba
African American Drum and Dance Co.
Of Danville, Virginia