

WHAT IF FITNESS
WAS FUN?

With BC,
it is!



Join us for
Dancing & Dinner*

Friday, October 18th

Dance Fitness Class (no cost): 6-7pm

Rogue Valley YMCA

522 W. 6th Street, Medford

then...

Dinner (purchase your own): 7:30pm

Habaneros Mexican Restaurant

142 N. Front Street, Medford

- Appropriate for all fitness levels!
- Taught by BC's own Stacy Fields!
- Have fun and meet other parents!
- Bring a friend, all are welcome!



*If you prefer tacos to dancing, just come to dinner! Attendance to both is not necessary.

*Special thanks to the
Rogue Valley YMCA for use
of their facility!*