

## The Bridge December 2021

# Square Dancing

Everybody has a New Year resolution to exercise more. Last month I talked about the virtues of Square Dancing and how good exercise it was for both the body and brain remembering all the moves. Well I checked out the program on my Fit Bit and discovered some interesting facts. My resting heart rate is 54 beats per minute but if I look at my heart rate while dancing showed 44 minutes Cardio and 50 minutes Fat Burn for a total of 655 calories. That was effortless as all I remember is enjoying myself. Below I have some links to some videos of us dancing together with some pictures. . Below are lesson details starting January 5<sup>th</sup> at 6:30 PM. Arrive by 6pm to sign up. I hope to see you on the dance floor next year. Keith Hughes.

### Christmas Dance....

<https://www.facebook.com/100003323644275/videos/1963460093774760/>

### Regular Dance...

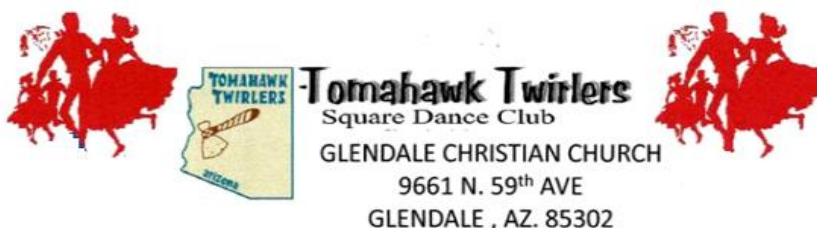
<https://www.facebook.com/watch/?v=1796795850371068&ref=sharing>

### Hawaiian Night...

<https://www.facebook.com/watch/?v=1592040904179898&ref=sharing>



## **The Bridge December 2021**



***New Classes start first Wednesday of January 5<sup>th</sup> and July***

***Come join us for a fun night of dancing***

***We meet every Wednesday***

***Class are 6:30-7:30 pm***

***(Arrive by 6 PM to register)***

***One time registration fee \$20***

***Class fee after that \$7 per week***

***Square, Line and Round Dancing all in one place***

***Find us on Facebook or email us for our schedule***

***Our talented caller Lee Hailey is looking forward to seeing you***

***Contact us:***

***President: Terri Wall***

***VP & Director of communications: Larry Trauthwein***

***Email: [Tomahawk.twirlers@cox.net](mailto:Tomahawk.twirlers@cox.net)***

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***Facebook: Tomahawk Twirlers Square Dance Club***

***Caller Lee Hailey: [heyleedance@gmail.com](mailto:heyleedance@gmail.com)***