

Country Line Dancing Activity Planned Weekly

08.24.2010

Southwestern Oklahoma State University will offer a country line dancing activity beginning Friday, September 3, in the Wellness Center on the Weatherford campus.

The cost is \$60 per person and registration is now open. The eight-week Continuing Education activity, which is being taught by Tina Barnes, is designed for anyone who is interested in having a fun time while increasing their fitness level, coordination and range of motion. The activity is extremely low impact and for people of all fitness levels. No workout attire is required.

Country Line Dancing will meet every Monday and Friday night from 5:15-6:15 p.m. in Wellness Center 143 and conclude on December 10. For more information about the class or to register, please contact Berva Pool at berva.pool@swosu.edu or at 580.774.7012.