



**DANCE YOUR WAY FIT  
WITH: KAREN DELGADO**

***Fort Yuma Wellness Center***

***Aerobics room***

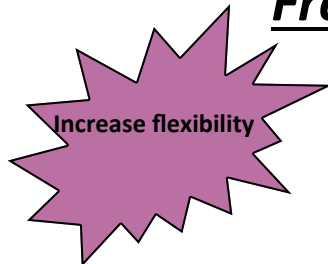
***March 16, 2019***

***10am to 11am***

***Free for ALL ages!!***



**Learn dance routines**



**Increase flexibility**



**Lose Weight!**

**For more information please call The Wellness Center 760-572-4057**

**[wellnesscenter@quechantribe.com](mailto:wellnesscenter@quechantribe.com)**