

Come Dance with Us!

Enjoy Shvitz™ - an easy-to-learn fitness dance workout using the rhythms of Jewish and Israeli Dance.

Have fun, enjoy the music, and burn calories!!



- Location: Temple B'nai Or Social Hall; 60 Overlook Road, Morristown
- Classes scheduled for Feb 12, Feb 26, and March 5
Mondays from 7:30 to 8:30 pm
- TBO members: \$10 per class
- NON-TBO members \$15 per class
- ****First Class Free to all new participants****
- Checks made out to TBO (please indicate Shvitz in the memo line);
mail to Karen Pawlo, 54 Harter Road, Morristown, NJ 07960
- For questions or more information, email Tammy at
tammyres@optonline.net or Karen at kpawlo@alcatel-lucent.com

Tammy Resnikoff is a certified group exercise instructor and personal trainer and has been teaching Israeli Dance and Zumba® Fitness for over 10 years. Shvitz™ combines fitness dance with her love of Israeli Dance.