

# 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 upstairs in the Youth Lounge; 60 Overlook Road, Morristown
- Free Demo Class! Monday, Jan 29, 7:15 to 8:30 pm
- Classes scheduled for Feb 5, Feb 12, Feb 26, and March 5<sup>th</sup>; all Mondays from 7:30 to 8:30 pm
- TBO members: \$10 per class or \$32 for all 4 classes; NON-TBO members \$15 per class or \$40 for all 4 classes
- 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 [tammres@optonline.net](mailto:tammres@optonline.net) or Karen at [kpawlo@alcatel-lucent.com](mailto: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.**