

# Western Waltz Class

Dance Class



5 week Western Waltz Dance Class

Starts: Tuesday, January 20, 2026  
(meets Jan. 20, 27 Feb. 3, 10 & 17)

Length: 5 sessions, 7:00-8:30 pm

Fee: \$59 per person



**Northwest Technical School**  
**1515 S Munn Ave**  
**Maryville, MO 64468**  
**Call to Enroll: (660) 671-1283**

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for  
Info



- 1. Boosts your confidence
- 2. Reduces stress
- 3. Cardiovascular endurance
- 4. Dance promotes flexibility
- 5. Improve coordination
- 6. Dance improves memory
- 7. Dance boosts cardio health
- 8. Improves cognition
- 9. Social interaction, find new friends
- 10. Dancing is just plain fun to do.