

Rise and Shine



Wellness is Good!

JEFFERSON COLLEGE
of HEALTH SCIENCES
STUDENT AFFAIRS

**Free Just Dance & Zumba
classes now offered
EVERY Wednesday!!**

**Taught by a Certified
Just Dance/Zumba instructor**

CRCH, Room 617
12-1 p.m.

****Just Dance & Zumba will alternate every other Wednesday
beginning August 31.****

Zumba and Just Dance are very similar but Zumba is heavy Latin/international music while Just Dance is whatever genre the instructor chooses. It is like a big party where you will hear lots of familiar songs!



To learn more about Just Dance, check out their
Facebook page at *Just Dance Roanoke*

Please contact Dr. Jennifer Slusher for more information at (540) 985-8502
or via e-mail at jjslugher@jchs.edu.