



# Amy & Friends Line Dance

[www.AmyFriendsLineDance.Com](http://www.AmyFriendsLineDance.Com)

國際

排舞

## Fremont:

Mission Dance & Performing Arts

同心圓隔壁

42068 Osgood Rd  
Fremont, CA 94539

## Almaden:

Atlas Dance School

1088 Branham Lane  
San Jose, CA 95136  
(near 85 & Almaden Expy)

## What is Line Dance?



*Line dancing is the easiest way for beginners to approach dancing. There are no special techniques required, you only need to follow the basic steps. Line dancing can help you get your daily exercise, and you can also make new friends! Line dancing has become more popular in the Bay Area these past few years and it is suitable for all age groups. It is easy to follow, fun to do, enjoyable to learn, and does not require a partner.*

## Fremont Location:

Tuesday	9:45 - 11:15AM	Beginner
Thursday	9:45 - 11:45AM	Intermediate 1
Friday	9:45 - 11:15AM	Beginner
Friday	7:30 - 9PM	Beginner

## Almaden Location:

Monday	9:30 - 11AM	Beginner
Monday	11:15 - 1PM	Intermediate 3
Wednesday	9:15 - 10:15AM	Intermediate 1
Wednesday	10:15 - 11:45AM	Intermediate 2

聯絡

**Instructor:**  
**Amy Oyang**

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510-565-4103

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## Benefits of Line Dance:

~ 學排舞好處多 ~

- Enhances - coordinated function, memory, rhythm
- Boosts - confidence, body shape
- Reduces - stress
- Lose weight / slim line

好玩, 好學, 健身, 塑身, 不需舞伴及任何舞蹈基礎