

# Get Moving



Get Moving is a low-impact exercise program with dance-inspired movement. Each 45-minute class is filled with energy, enthusiasm, and fun. The different styles of dance used in the class include Latin, modern, funk, hip-hop and more!

## **WHEN?**

**Mondays and Tuesdays**  
5:30pm to 6:30pm

## **WHERE?**

**Employee Wellness Center**  
750 South Perry Street in Lawrenceville  
Second Floor Multipurpose Room

## **HOW?**

This Kaiser-sponsored program is free and open to all retirees and their spouses. Please dress in comfortable clothes and athletic shoes, and bring water.

For more information, contact the Benefits Division at **770.822.7932** or [benefits@gwinnettcountry.com](mailto:benefits@gwinnettcountry.com).

