

# Okanagan Cloggin'

**FREE**

**"Intro to Clogging"** workshop

to be held on

Saturday, Sep 7, 2024

11:00 am to 12:00 noon

at the

Westside Activity Centre

3661 Old Okanagan Hwy



Lots of Fun

Great Exercise

Easy to Learn

No Partner Required

Clogging is an American folk dance that has roots back to the first settlers - it a percussive dance with the dancers beating out the rhythms with their feet

Clogging is for everyone - connect with the community, form new friendships. A fun way to exercise - good for your brain and your bones.

Wear comfortable clothing and flat shoes

Contact instructor Barbara Bizovie at

[okanagancloggin@hotmail.com](mailto:okanagancloggin@hotmail.com) for more information