

HEALTHPLEX PRESENTS: THRILLER WORKSHOP

HOSTED BY MASTAH TEE AKA
TRINA LYONS

Wednesday Oct. 30th
6p-7:30P

\$15 for members \$20 for nonmembers



CROZER-KEYSTONE
HEALTHPLEX®
SPORTS CLUB

Reserve your spot NOW



Register by emailing Healthplex Group Fitness
Director, barb.isaacs@crozer.org or call 610-328-8873

Learn the moves from Michael Jackson's iconic "Thriller" music video. Join Trina Lyons, Healthplex Fitness & Dance instructor, and learn the "Thriller" Choreography. MJ makes the routine look tricky, but Trina will break the moves down so everyone can master them. By the end of this 90-minute workshop, you'll be all set to show up the living dead at your next Halloween party.

Costumes — especially of the zombie classification — are strongly encouraged, just make sure you can dance in them!