

COMMUNIQUÉ



Get fit. Don't quit.

[Click here](#) if you keep having nightmares.

Heart failure [guidelines](#) you should know.

[Here](#) is how worrying can affect your body.



Three feet, it's [the law!](#)



[This month at the Bay Club.](#)

The Health and Fitness Committee meets on the first Thursdays at 9:30 a.m. Visitors are welcome.

Dance for Health and Fitness

Source: *Sports Medicine* (2024)

Based on a research project titled “The Effectiveness of Dance Interventions Compared with Other Forms of Physical Activity” conducted at the University of Sydney by Dr. Fong Yan, etal.

“Structured dance of at least 6 weeks’ duration can significantly improve psychological and cognitive health outcomes equivalent to other forms of structured exercise or physical activity.

“Preliminary evidence suggests dance may be better than other physical activities to improve emotional well-being, depression, motivation, social cognition and some aspects of memory.”

The study stated that “dance is a unique form of activity requiring complex movements combined with aesthetics, music, choreographed movement sequences and planned interactions with other people.”

The study also found that exercising in a group setting has mental health benefits as compared to exercising alone. Dance offers unique cognitive challenges as it requires coordination, aerobic endurance and incorporates elements of learning and mastering individual steps and performing those steps in a set order and remembering the sequences while performing them in time to music. This all contributes to the cognitive benefits of dance.

Dance Events Now Offered at the Bay Club

- **Dance Class:** Cha Cha for Beginners every Monday in July starting July 6, 4:00 – 5:15 p.m. The Cha Cha is a lively dance known for its cheeky energy, syncopated triple steps and crisp Cuban hip action. It is a fun dance that is danced to Latin music or upbeat pop. The class includes a field trip on July 11, 7:00 – 9 p.m. to Finn River Cidery for live Cha Cha music and dancing featuring BATUKA, a local Santana Tribute Band. Foxtrot class in August. No charge for Club members, \$40 for non-members.
- **Ballroom at the Bay Club,** occurs once monthly: lessons 4:00 – 5:00 p.m. followed by open dancing 5:00 – 6:00 p.m. Thursday, July 23, Night Club two-step.; Friday August 28 Salsa; Friday October 30 Waltz; Friday November 20 Rumba.

Sign up at front desk or call 360-437-2208

Fitness Center orientations are available on the first Thursdays at 11:00 a.m. Sign-ups are requested to avoid congestion.