



Let's Move!

DANCE FITNESS

Low Impact Dance Fitness
Edington Parish Hall
Tuesdays 10-10:45am
(Beginning 7th March)

A low impact class suitable for beginners, seniors and those looking to get moving and become more active.

No prior dance experience needed. It's all about having a good time whilst keeping active and dancing along to some well known songs. A great way to start the day!

£5 per class,
pay as
you go

Dance Fitness is a great way to meet new people, help boost confidence and burn calories. It's all about feeling good through movement to music.

Fully certified and insured instructor.
Please contact Ellen Wilkinson
Email: letsmovedancefit@outlook.com
Text/Whatsapp: 07925 051525
Facebook: Let's Move Dance Fitness

