

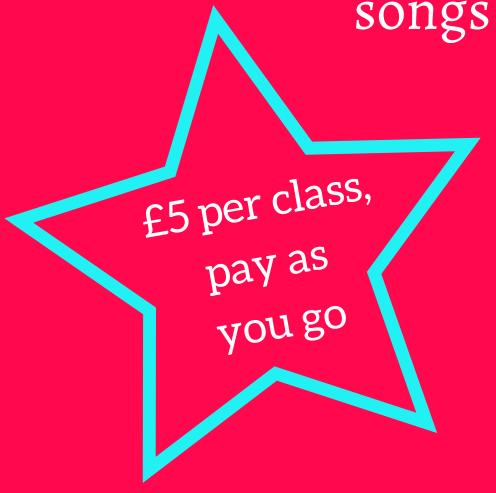
## Low Impact Dance Fitness Edington Parish Hall Tuesdays 10-10:45am

(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!



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

