

# ***DANCE FIT***

**We now have an extra class  
by popular demand  
Wednesdays at 5.00 pm**

Dance has been a part of different cultures and physical fitness activities around the world for thousands of years. Suitable for people of all ages and fitness levels, dance fitness has many physical and mental health benefits and is a surefire way to keep you smiling while working out!

All our dance fitness classes are suitable for people of all ages as well as all fitness and experience levels. It doesn't matter if you're just getting back to a fitness routine, are getting out of your comfort zone or have two left feet! Dance fit is for everybody.

## **Our Dance Fit Classes with Deb**

**Tuesdays 11.15am**

**Wednesdays 5.00pm (Starts Feb 5th)**

**Thursdays 9.15am**

