

NEW CLASS DANCE 'n' TONE

Fun...Funky...New Dance based fitness class.
Combining street and pop styles of dancing in an hour workout!

Class includes toning exercises so your body doesn't miss out on an all round body workout.

You will be taught by Christy, an ex-professional dancer, and now a fully qualified dance and aerobics instructor.

Class Starting
FRIDAY / 29th / 11am - 12 pm

Call Balance Health Clubs for any information
01536 520 130

