



FITSTEPS WITH BEV

A Dance Fitness class with a difference! Have you ever wanted to try out ballroom or latin dance moves without the need of a partner? Dances choreographed to increase cardio fitness such as the jive or quickstep. Dances also to improve your core fitness and tone your body, such as the tango or waltz.

A great fun class in a relaxed atmosphere, with great music and dances to work your mind and body.

Come and join us at Walmley Social Club, B76 7RJ, every Thursday night at 6.30pm There is no need to book, and classes are for all ages and capabilities.

For every 5 classes attended you receive one free and 1st class is 1/2 price!

Keep Dancing!