

# Fitsteps with Abi - Fitness class



Location **Wales, Gwent**  
<https://www.freeadsz.co.uk/x-160278-z>



Fitsteps with Abi - Fitness class, Fitsteps is a mixture of graceful ballroom steps and up tempo Latin steps that create an entertaining, energetic and effective way to stay fit. The thing I love most about fitsteps is that you work your whole body from the beginning to the end of the class without knowing you are completing such an intense workout as it is so much fun! Dances are choreographed specifically to use a range of muscle groups and coordination skills in order to stretch, work and maintain excellent fitness levels and body shape! My weekly class is a place to come to learn new dances, have fun, meet new people and become confident. It takes up to 6 weeks for 1 person to make the decision to start a new fitness class and with this one you will not be disappointed! A new and exciting way to get fit whilst having a great time - come on your own, come as a group - you are all welcome! No need to book, just turn up - you will be greatly welcomed and brought into our fitsteps family! Bring water, bring a towel, bring your trainers, no need for a partner and bring the biggest smile and bag of energy you have! Classes run on a Thursday evening between 6:00 and 6:45 pm Woodland Road Sports and Social Club Cwmbran NP44 2DZ Stay up to date with class information - check out pictures and videos of the fitsteps wider family on my facebook page: [www.facebook.com/abi.fitsteps15](http://www.facebook.com/abi.fitsteps15) Twitter page: [Abi\\_Fitsteps15](https://twitter.com/Abi_Fitsteps15) or email me for more information on: [abi\\_fitsteps1@aol.co.uk](mailto:abi_fitsteps1@aol.co.uk) Hope to see you all there !!,,.

07044302327



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