Absolute Beginners Line dance class

Location **South West, Avon**
https://www.freeadsz.co.uk/x-169758-z

Did you know dance is the UKâ€™s fastest growing art form. More than 4.8 million people regularly attend community dance groups each year in England alone. Regular dancing is great and can aid to losing weight, maintaining strong bones, improving posture and muscle strength, increasing balance, co-ordination and beating stress. One of the best things about dancing is that while youâ€™re having fun moving to music and meeting new people, youâ€™re getting all the health benefits of a good workout. Here at Modern Soles, you won't need any experience for this class as we will teach you from scratch, so why not come along and join us having fun dancing to all types of music in a very friendly atmosphere, you don't need a partner to dance and if you are coming along on your own, lets us know and we will introduce you to other dancers. P.N This class will run for around 14 weeks, then you should be able to move up into our beginners class should you wish. The start date is TUESDAY 1ST SEPTEMBER 2015 .....6.15pm-7pm £5.00 per session or block book the 14 week course and save around 30% Also we hold a Beginner s class (follow up from our Absolute Beginners) Tuesday evenings 7pm-8pm £4.00 per session Improver class (Follow up from our Beginners class) Tuesday 8.15pm-9.45pm £4.00 per session. Venue in Frys conference centre, (Cadbury room) Sommerdale rd, Keynsham, Bristol, BS31 2AU To book Text/Tel 07974120184 or email for

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