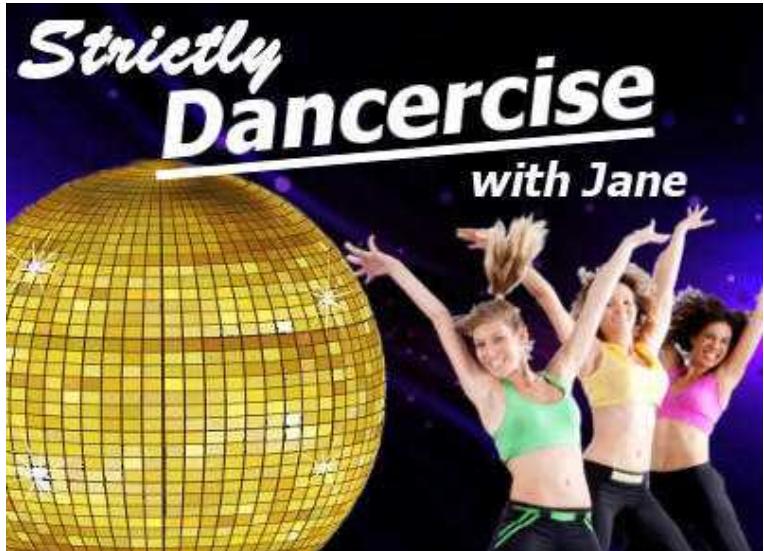


Love Strictly Come Dancing Dance yourself fit - Strictly Dancercise with Jane every M



Location

<https://www.freeadsz.co.uk/x-236664-z>

South East, Berkshire



Join the class any week - new dancers and 2 Left Feeters Welcome! Come and learn to dance Cha Cha, Jive, Waltz, Quickstep / Charleston, Paso Doble, Samba, Rumba, Tango, American Smooth, Salsa, Viennese Waltz and more. You don't need a partner, you don't need to be able to dance, and you don't need to be fit - Strictly Dancercise with Jane classes are ideal for all levels of fitness from the very fit down to Beginners and people who may not have done much exercise for a while, or those who need to take it a bit easier for medical reasons. You can take it at your own pace and learn the steps as you go. Mix and match the low, medium and high impact steps according to your own abilities and how you feel at the time. Most of all, just come and have fun - a wiggle with a giggle - all extra exercise is good for you, no matter how gently you start off! Strictly Dancercise with Jane classes every Monday at Burghfield Village Hall 12.30-1.30pm. Bring a towel, bring your friends and bring a big smile! £5 per person PAYG or prepaid 8 sessions for £35. For more details see our website www.teachme2dance.co

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