

## Fitsteps (4.50 GBP)



Location Yorkshire and the Humber, West Yorkshire https://www.freeadsz.co.uk/x-292536-z

We are extremely excited to announce our official start date!

Come along and join us to dance, get fit and lose weight all at the same time!

ONLY £4.50pp!

Fully qualified instructor

Modern dance studio in prime location

Complimentary refreshements

114 Sunbridge Road Bradford BD1 2NE

01274 973557 or 07445 875 730 [email protected]

## THE BENEFITS OF THIS KIND OF EXERCISE





<ul> <li>Releases the body's endorphins, the 'happy chemical'</li> <li>Scientifically proven to enhance mental</li> </ul>
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