

# Fitsteps (4.50 GBP)



**FITSTEPS®**

FitSteps® is an energetic, upbeat dance class designed to achieve real, measurable, fitness results. The dance workout mixes the graceful steps of Ballroom and the up-tempo steps of Latin dances to create fun-filled classes where you don't even realise you're getting fit! Transform your body and have fun dancing to music that will get your heart pumping!

"You'll get fit, boost your confidence and have a great time doing so!"  
Natalie Lowe

Follow us:  
#danceyourselffit | www.fitsteps.co.uk

**£4.50 PER PERSON**

VENUE: BELIEVE BALLROOM DANCE CENTRE BRADFORD

INSTRUCTOR:  
CHARLENE BARRACLOUGH

DAY/TIME: TUESDAYS 10.45AM & SATURDAYS 7.15PM

CONTACT: 07445 875 730  
OR 01274 973557

Location **Yorkshire and the Humber, West Yorkshire**  
<https://www.freeadsz.co.uk/x-292537-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

ARE WELL DOCUMENTED:

- Improves heart function by reducing cardiovascular risk factors
- Improves lung strength and efficiency
- Improves cholesterol levels
- Improves body shape
- Improves coordination, balance and posture
- Increases bone density
- Improves flexibility
- Reduces likelihood of every day injury and pains to lower back, knees, hips, etc.
- Helps to burn more body fat by increasing the body's metabolic rate
- Helps control and lower blood pressure



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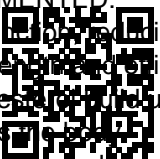
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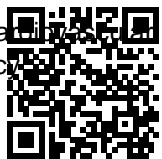
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Fitsteps

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- Releases the body's endorphins, the 'happy chemical'
  - Scientifically proven to enhance mental