

Adult Ballet Class for Beginners



Location

South East, West Sussex

<https://www.freeadsz.co.uk/x-484385-z>


Whether you are a complete novice or have danced in the past, Classical Ballet is a great way for both men and women to get fit by toning all the major muscle groups, while improving your flexibility, posture, grace, balance and memory. So if you've ever considered studying ballet or would like to start up again, why not come along and try your first drop-in class for just £3 in a relaxed and friendly atmosphere each Saturday at 11am-12.30pm at the Alive Gym, 25 - 27 Castle Street, Brighton, BN12HD 01273 739606 01273 7396...(click to reveal full phone number) www.alivehealth.co

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