



'Streetenvy Dance & Fitness Academy' is proud to host various dance and fitness opportunities for adults in Bristol and the surrounding area including our exclusive craze, GloEnvy Fitness. GloEnvy is a unique and fun method to encourage fitness to those who wish to have a great time in a club environment without the expense or hassle of getting ready for a night out or perhaps even those with less confidence to join a regular fitness class in a gym environment. Our classes are held in low level disco lighting using glow sticks to ensure everybody can progress without judgement and the knowledge that many others surrounding you are there to also have a go at becoming fitter in a safe, friendly and ravers environment! Bringing a touch of the 90s to today with the very best in club anthems and fresh (easy to follow) routines. Our instructor will welcome and support you with options from low-level to higher-calorie burning moves throughout, breaking movements down to see you grasp them and the perfect them. Over 18 years only. You are never too old to begin working on your fitness. "The class is so fun that you will barely

with free parking and close access to the M32 and central Bristol (walkable/cycle able/bus routes to local car parks). Email me for more info at [ray@countdown.co.uk](mailto:ray@countdown.co.uk) or phone 0117 924 0000. Facebook: [countdownbristol](https://www.facebook.com/countdownbristol). All you need to bring is a bottle of water, a shop money belt, your trainers and sports/comfy clothing. Money for the class is £10 for enthusiasts and £15 for those who are good enough to look forward to seeing you sweat. Please raise a glass to me from us, they are loved and I'll buy or just to encourage a glass!



GloEnvy Fitness sessions for Adults in Bristol (a fun workout with glow sticks in the dark)

<https://www.freeadsz.co.uk/x-503004-z>