

KeepFit - DanceFit - Stonehouse Thursday 700 pm



Location **South West, Gloucestershire**
<https://www.freeadsz.co.uk/x-534222-z>

From July 2017

Stonehouse Scout Hut, Oldends Lane

A 40-45 minute dance based exercise to music class -

Low impact

Chart music from 70s, 80s and current.

Thursday class a low impact version of the old "Aerobics"/Exercise to Music class of the 80s/90s - optional 20 minute intermediate level Pilates session follows at no extra cost.

Don't like my moves, then dance your own dance

£5 per week or £25 for 6 weeks.
www.stonehousefitness.co



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