

# Fitsteps Class (5 GBP)



UNIVERSAL

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

**Tuesday  
6 - 7pm**

**£5**

**Oldfield School  
Sports Hall,  
BA1 9AB**

**'No dance  
experience  
necessary - come &  
give it a go & burn  
up to 700 calories'**

**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!

[www.fitsteps.co.uk](http://www.fitsteps.co.uk)

For further information  
07791 562464 | [amyfitsteps@outlook.com](mailto:amyfitsteps@outlook.com)

Location **South West, Avon**  
<https://www.freeadsz.co.uk/x-584658-z>



Amazing dance based fitness class that burns up to 700 calories per hour. Suitable for all ages and abilities. No dance experience or partner.



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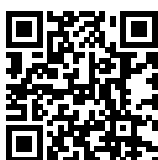
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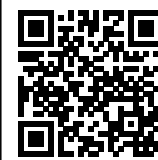
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