SO dance FIT

with Edyta Cummings

For Adults *(and for fun!)*

WEDNESDAY 9.30am
Ravenshead Leisure Centre
NG15 9AG

WEDNESDAY 7.00pm Coming Soon
The Welfare Public House,
Bestwood Village NG6 8TN

THURSDAY 9.30am
Acacia Centre, Annesley Woodhouse
NG17 9BH

THURSDAY 7.00pm
Summit Centre, Kirkby-in-Ashfield
NG17 7LL

Body Strengthening Class after Dance Fit

THURSDAY 7.50pm
Summit Centre, Kirkby-in-Ashfield
NG17 7LL



Only **£5** per class - First class **FREE!**

For more information please call Edyta on **07921 149 809**

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A NEW DANCE ROUTINE EVERY WEEK

From first step to performance in 45 minutes.
We learn it. We work it. We own it. ***We're SO dance FIT!***

Never danced before? Perfect!

We break every routine down step by step and make it fun and achievable. No perfect technique required - just move your body, make it your own and have fun with us!



Body Strengthening
(Thursday 7.50pm)

A friendly full-body workout using dumbbells, resistance bands, pilates balls and more - plus mobility, stretching & relaxation.

£5 ONE CLASS | **£8** BOTH CLASSES | PAY AS YOU GO
NO BOOKING | **NO** MEMBERSHIP
BEGINNERS VERY WELCOME | **FREE** PARKING

Check out our socials

Dance Fit -
Edyta Cummings

Scan here to visit our new website
sodancefit.co.uk

!! WARNING: Taking part might cause sweating & giggling **!!**