



“You’ll get
fit, boost your
confidence and have
a great time doing so!”

Natalie Lowe

VENUE: Mitford Village

Community Centre

Font Side

Mitford, NE61 3PS

INSTRUCTOR:

Stephanie

DAY/TIME:

Thursdays 7pm - 8pm

Starting 26th October

CONTACT:

Tel: 07971 921737

www.facebook.com/TapandFitsteps

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

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