

Fitsteps (4.50 GBP)



Location **Yorkshire and the Humber, West Yorkshire**
<https://www.freeadsz.co.uk/x-292537-z>

We are extremely excited to announce our official start date!

Come along and join us to dance, get fit and lose weight all at the same time!

ONLY £4.50pp!

Fully qualified instructor

Modern dance studio in prime location

Complimentary refreshments

114 Sunbridge Road
 Bradford
 BD1 2NE

01274 973557 or 07445 875 730

THE BENEFITS OF THIS KIND OF EXERCISE

ARE WELL DOCUMENTED:

- Improves heart function and lung capacity, so at risk factors
- Improves lung strength and efficiency
- Improves cholesterol levels
- Improves body shape
- Improves coordination, balance and posture
- Increases bone density
- Improves flexibility
- Reduces likelihood of every day injury and pains to lower back, knees, hips, etc.
- Helps to burn more body fat by increasing the body's metabolic rate
- Helps control and lower blood pressure

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- Releases the body's endorphins, the 'happy chemical'
 - Scientifically proven to enhance mental