

Get Fit with Salsa Lesson



Location **West Midlands, West Midlands**
<https://www.freeadsz.co.uk/x-328321-z>



Get Fit, Make new Friends and its fun!! There's a wonderful way to lose weight without even knowing you're losing it, while getting fit, socialising and having a giggle at the same time. SALSA!! Apart from helping with all the above it's a challenge and anyone of any age, gender, health status can join in. Currently Uksalsafeet teach people of all ages and abilities, including people who are physical impairment or immobile there is really no reason. People come to Uksalsafeet for many reasons but several people have joined to help them lose weight, get fit which has in turn helped them gain confidence. Students have written about their experience since starting Salsa. <http://uksalsafeet.com/Weight-Loss>



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