FreeAdsZ.co.uk

# Dance Sessions for Adults in Bristol (street dance, commercial, reggaeton, cabaret ar

Location **South West, Avon**
https://www.freeadsz.co.uk/x-456194-z

'Streetenvy Dance & Fitness Academy' is proud to host various dance opportunities for adults in Bristol and the surrounding area. We teach dance styles such as street dance, street dance technique (popping, locking, hip hop, break, house, vogue, waacking, dancehall and shuffling), commercial, contemporary, theatre, cabaret and much more. Did you know that dance has several benefits to people of any age and ability: increased confidence;social team working skills encouraged;spatial awareness and coordination;increased memory;to further performance skills;and to enjoy a hobby while becoming fit!Our current timetable includes:Mondays- GloEnvy Fitness classes (8-9 pm at £5 per person) Tuesdays- Street Intermediates-Advanced (7.30-8.30 pm at £6) - Commercial & Reggaeton for Inters-Advanced (7-8 pm £6) - Street Beginners (8-9 pm £6)Thursdays- Street Technique (all levels welcome, 8-9 pm £6)Wednesdays- Cabaret Queens (professional Cabaret Troupe 8.30-9.30 pm)- Commercial & Reggaeton for Beginners (6.30-7.30 pm at £6) Fridays -GloEnvy Fitness classes (7-8pm at £5 per person) Sundays -Dancehall (7-8pm £6)-starts 18/09/16 The above list may have additional and new classes from time to time so please feel free to keep an eye out on our website 'classes' tab for any changes. Streetenvy also includes optional and regular performances (including our bi-annual professional showcases), socials, photo shoots and competitions for those of you with an edge to take things one step further.* We have plenty of children's classes available throughout Bristol and South Glos locations too! *Our £6 classes are available at £20 per 4 consecutive weeks and other deals are on offer for each class – enquire for more info and any discounts we have running or follow our Facebook Page.. All adult classes welcome age 16 + except Cabaret due to the nature of some performance bookings. Please enquire about current age ranges within each class, we get many questions about starting late in life and suggestions that 30+ years is too old to begin a new hobby – we welcome everyone and have students of many young, [illegible] older [illegible] become [illegible] dancers at [illegible] professional [illegible] studio is based near to Ikea, [illegible] with free [illegible] and close access to the M32 [illegible] Bristol [illegible] (cycle/walk routes to [illegible] Gate). [illegible] need to bring [illegible] of water [illegible] wear [illegible] and sports [illegible] clothing [illegible] the class [illegible] enthusiasm [illegible] we are good to go and look forward to seeing you very soon! ;

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