FreeAdsZ.co.uk

GloEnvy Fitness sessions for Adults in Bristol (a fun workout with glow sticks in the d

Location **South West, Avon**
https://www.freeadsz.co.uk/x-503004-z

'Streetenvy Dance & Fitness Academy' is proud to host various dance and fitness opportunities for adults in Bristol and the surrounding area including our exclusive craze, GloEnvy Fitness. GloEnvy is a unique and fun method to encourage fitness to those who wish to have a great time in a club environment without the expense or hassle of getting ready for a night out or perhaps even those with less confidence to join a regular fitness class in a gym environment. Our classes are held in low level disco lighting using glow sticks to ensure everybody can progress without judgement and the knowledge that many others surrounding you are there to also have a go at becoming fitter in a safe, friendly and ravers environment! Bringing a touch of the 90s to today with the very best in club anthems and fresh (easy to follow) routines. Our instructor will welcome and support you with options from low-level to higher-calorie burning moves throughout, breaking movements down to see you grasp them and the perfect them. Over 18 years only. You are never too old to begin working on your fitness. "The class is so fun that you will barely recognise you are getting a sweat on!" (Caro, 37) "I had never found the confidence to attend a fitness class until I saw this one advertised. I love how the people are extra friendly and the class is held in the dark. Since attending GloEnvy I have never looked back and when I do I am proud of the results I have achieved in such a short space of time! Highly recommended and very addictive." (Mark, 24) Mondays - GloEnvy Fitness classes (8-9 pm at £5 per person) Fridays 7-8 pm (starting 14th October 2016) Spaces are limited so please act fast and sign up with us today! (from September we will have more opportunities available so please express your interest and get updated first by emailing us). * We have plenty of children's and adult's dance classes available throughout Bristol and South Glos locations too! * Our professional mirrored studio is based near to Ikea, BS5 6XX with free parking and close access to the M32 and central Bristol (walkable/cycle able/bus routes to [illegible]). [illegible] more info [illegible] discounts [illegible] Facebook [illegible] bring a bottle of water [illegible] money [illegible] trainers [illegible] comfy [illegible] money [illegible] classes [illegible] enthusiastic [illegible] are good [illegible] look forward [illegible] seeing you [illegible] please a [illegible] from us [illegible] loved [illegible] day or just [illegible] age a [illegible]

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