

# Adult Dancercise classes



Location **South West, Isle Of Wight**  
<https://www.freeadsz.co.uk/x-529493-z>

A fun fitness class is a great way for adults of all ages and abilities to get and stay fit and flexible. More than just an exercise class.

Learn short dance exercise routines, working the mind and body. All the routines are built up from easy to learn dance moves, which are created for a total body workout with lots of fun music.

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With this friendly and welcoming class. You'll be sure to feel fitter, re-energised, stretched and go home with a smile.

You are more than welcome to come along and either observe or join in the class. Please feel free to contact us to book your free trial class or to discuss in further details..

WHAT TO WEAR: Loose fitted clothing or something you feel comfortable moving in, with trainers or jazz shoes.

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Please call to show your interest. 07754001970 077540019...(click to reveal full phone number) click to



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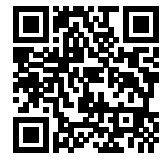
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