

# KeepFit - DanceFit - Stonehouse Thursday 700 pm




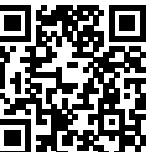








Location **South West, Gloucestershire**  
<https://www.freeadsz.co.uk/x-534222-z>

From July 2017  
 Stonehouse Scout Hut, Oldends Lane  
 A 40-45 minute dance based exercise to music class -  
 Low impact  
 Chart music from 70s, 80s ..... and current.  
 Thursday class a low impact version of the old "Aerobics"/Exercise to Music class of the 80s/90s -  
 optional 20 minute intermediate level Pilates session follows at no extra cost.  
 Don't like my moves, then dance your own dance

£5 per week or £25 for 6 weeks.  
[www.stonehousefitness.co](http://www.stonehousefitness.co)



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