


# FREE Taster Day for Level 3 Diploma in Laban Dance Fitness




**KFA LEVEL 3 DIPLOMA IN LABAN DANCE FITNESS  
TEACHER TRAINING COURSE IN BASILDON**  
DISCOVER YOUR TALENT FOR TEACHING AND  
DEVELOP A CAREER AS A FITNESS PROFESSIONAL WITH THE  
KEEP FIT ASSOCIATION





Attend the free Taster day on Saturday  
7<sup>th</sup> October 2017 from 10.00am – 2.00pm.  
Meet the trainers, enjoy a dance fitness  
session and find out about this exciting  
course starting November 2017  
To book contact Elaine Smith:  
elaine@kfa@icloud.com  
01268 477083

Venue: Pitsea Mount  
Community Hall, Brackendale Avenue,  
Basildon, Essex SS13 3BD  
5 minute walk from Pitsea Station

Already a Fitness Instructor?  
Prior learning will be taken  
into account



KFA Moves is based on Rudolf Laban's Analysis of Movement. You will learn how to develop and teach creative and purposeful movement ideas that promote physical fitness and mental wellbeing. This nationally recognised qualification appeals to people with busy lives, offering blended learning that combines home study and enjoyable practical sessions.

www.keepfit.org.uk

Location **East of England, Essex**  
<https://www.freeadsz.co.uk/x-537904-z>

KFA LEVEL 3 DIPLOMA IN LABAN DANCE FITNESS  
TEACHER TRAINING COURSE IN BASILDON 2017/18

Would you like to teach dance inspired fitness classes, which are effective, safe and improve all aspects of physical wellbeing?

Discover your talent for teaching and find out about this exciting course starting in Basildon on 10th November 2017.

FREE taster day - Saturday 7th October 2017 10.00am to 2.00pm. Meet the trainers, enjoy a dance fitness session and find out more. Venue: Pitsea Mount Community Hall, Brackendale Avenue, Pitsea, Basildon Essex SS13 3BD

Our nationally recognised qualification offers you the opportunity to start your own classes as a Teacher with the Keep Fit Association (KFA), a leading professional fitness organisation.

Laban Dance Fitness develops creative and purposeful movement ideas that promote physical and mental wellbeing, based on Rudolf Laban's Analysis of Movement.

To book a place contact: Elaine Smith click to contact 01268 477083 01268 4770... (click to reveal full phone number)

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