

Fitsteps Class (5 GBP)



UNIVERSAL

“You'll get fit, boost your confidence and have a great time doing so!”
Natalie Lowe

**Tuesday
6 - 7pm**

£5

**Oldfield School
Sports Hall,
BA1 9AB**

**'No dance
experience
necessary - come &
give it a go & burn
up to 700 calories'**

FITSTEPS











FitSteps® is an energetic, upbeat dance class designed to achieve real, measurable, fitness results. The dance workout mixes the graceful steps of Ballroom and the up-tempo steps of Latin dances to create fun-filled classes where you don't even realise you're getting fit! Transform your body and have fun dancing to music that will get your heart pumping!

www.fitsteps.co.uk

For further information
07791 562464 | amyfitsteps@outlook.com

Location **South West, Avon**
<https://www.freeadsz.co.uk/x-584658-z>

Amazing dance based fitness class that burns up to 700 calories per hour. Suitable for all ages and abilities. No dance experience or partner.

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