



“CHOICES” AT POYNTON COMMUNITY CENTRE  
107, PARK LANE, POYNTON  
TEL: 01625 875555

# DANCE FIT

**A GREAT WAY TO WORK OFF THAT  
CHRISTMAS EXCESS**

**A 10 WEEK COURSE (1 HOUR PER WEEK)  
TO HELP YOU GET BACK IN SHAPE  
IN A FUN WAY!**

**STARTING  
FRIDAY SEPTEMBER 18TH 2010  
10AM-11AM**

The course will consist of easy dance routines to different rhythms.

These routines are suitable for any age group from 19 to 90 to do. It is a fun class and not a serious dance class so no experience is necessary.

Come along wearing easy fit clothes and soft shoes or trainers, but make sure that they are non slip ones.

No equipment is needed, just a good sense of humour and the willingness to join in.

**COURSE FEE: £30.00  
ENROL NOW**