

FITSTEPS® FAB

FOR ALL BODIES



NEW FAB Dance Classes for over 50's and over 65's

For All Bodies, Low Intensity and High On Fun.

FitSteps® For All Bodies, 'FAB', is a dance fitness workout designed by 'Strictly's very own Ian Waite, Natalie Lowe and Mark Foster for people who love to dance without a partner, want to keep fit, but for a variety of reasons, prefer a lighter intensity, lower impact and perhaps a slower pace.

FAB combines old style dance genres such as the Bosa Nova, Foxtrot to the Flamenco and Argentinian tango.

The dance steps are easy to follow enabling more participants to have fun getting fit while learning classic dances of the ages.



Cobo Community Centre

Monday 2.00 – 2.45pm,
Tuesday 10.00-10.45am,
Friday 11.00-11.45am

FOR MORE INFORMATION CONTACT JULES



07781 432901



fitstepswithjules@gmail.com



Fitsteps Jules