



## GROWN UP CONTEMPORARY DANCE

### **GROWN UP CONTEMPORARY DANCE FRIDAY WITH KIM**

**11.15am - 12.45pm**

**Level: Competent**

This class aims to explore your individual, unique, physical body, sensations in the body and the establishment of a foundation from which we can

train, to improve mobility, strength, coordination, fitness and flexibility.

Exercises and dance routines will mobilise all of the body, rhythmically increasing vitality and well-being and will allow space to explore the given material creatively

### **COURSE START DATES:**

There are frequent courses throughout the year.

Please ask for your next available course date.







# fiesta dancecentre

We have just the thing to put a smile on your face and a spring in your step.

**Great Choice. Great Teachers. Great Atmosphere.**

**New Beginners to Advanced; All Ages and Abilities Welcome.**

 Want to see the classes in action.  
**WATCH** Check out the videos on our web site and Facebook page.

 Classes from £8 per person, per class

**ENROL NOW** Enrolling now at Fiesta Flamenco Dance Centre



Make Friends



Make a Difference



Get Fit. Have Fun.



Be Inspired

**FIESTA DANCE CENTRE**

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