



# MOTIONFLOW DANCE FITNESS

## **MOTIONFLOW DANCE FITNESS FRIDAY WITH KIM**

**10.00am - 11.00am**

**Level: New Beginner**

This is the class that everyone is raving about.

Stand tall, feel better and get those creaky knees moving. In this class you will exercise the large muscle groups in a way that's gentle allowing the floor to take the weight

of the body.

Great for those have never danced before; This class focuses on the basics of contemporary dance technique, alignment, musicality and coordination.

Drawing on influences including yoga, release based technique, floor work and guided improvisation; participants will explore different dynamics and qualities in the body.

Benefits include increased flexibility, body awareness and a sense of well being for everyday life.

### **COURSE START DATES:**

There are frequent courses throughout the year.

Please ask for your next available





# fiestadancecentre

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.



Check out the videos on our web site and Facebook page.



Classes from £8 per person, per class



Make Friends



Make a Difference



Get Fit. Have Fun.



Be Inspired

## FIESTA DANCE CENTRE

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