



# DANCE & FITNESS CLASSES IN WEST MOORS

Pinehurst Community Church, Pinehurst Road  
Tuesdays, starting in January

4.30pm **\*\*Baby Ballerinas** - ages 3 upwards

5.25pm **\*\*Line Dancing** for Beginners

6.35pm **\*\*EasyFit** - fun fitness for the mature lady

7.30pm **\*\*StrictlyFit** - Great workout using the styles  
& rhythms from **STRICTLY**-Salsa, ChaCha, Rumba, etc  
*(No partner or dance experience required)*

**COVID PRECAUTIONS :- ALL CLASSES MUST BE PRE-BOOKED**

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