

**FALL IN LOVE WITH YOUR BODY BY MOVING IT TO MUSIC
INCREASE YOUR HAPPINESS, FITNESS,
STRENGTH AND STAMINA**

Women's Dance Class

**Weekly class consisting of a fun dance warm up,
dancing with gymnastic ribbons and choreography @**

Roehampton Holy Trinity Church

7 Ponsonby Rd, SW15 4LA

Friday 7-8pm

Spring Term Dates: April 19/26 and May 3/10/17/24

Style: Jazz/Contemporary/Ballet

£30 for 6 sessions prepaid or £8 drop in

Energetic and fun dance workout for women to gain muscular strength, endurance and motor fitness, weight management, stronger bones and reduced risk of osteoporosis and better coordination, agility and flexibility. Dancing also releases happy hormones like dopamine and is therefore also an excellent selfcare practice for better mental health.



**Your Teacher:
Verena Nash**



**For information on days/times and to book your place
please contact Verena Nash:
verenash@hotmail.com**