



Registered Charity No. 1122198

Bollywood Dance Fitness

Try something new this year, have fun, get fit and tone up.

This friendly class is open to all women, and is suitable for all levels of fitness from beginners upwards.

Develop your movement skills while you get fit and have fun.
Work with colourful props and learn a variety of dance styles
as used in the Bollywood Movies

Beginners Course

Starts Tuesday 6th March 18

Balmoral Community Centre

5pm - 6pm

Cost: £2.50/class - £10.00 - 5 classes

(All cultures and ethnic groups welcome)

Call for info or to book: 01702 584959

E-mail: info@EAWAsouthend.org

