

exercise for fun



**BARN DANCE
FITNESS**

**FROM
£5
per class**

Stirchley - Warstock - Hall Green

- Specifically designed for older adults
- All ages welcome

BOOK NOW
for a FREE taster

enter voucher code **firsttimer** at checkout

scan me



Call Dan: 07816 195 635

letsdance@barndancefitness.co.uk

barndancefitness.co.uk

JOIN ANYTIME!

DANCE-BASED FITNESS & FRIVOLITY

Absolutely no experience required

WHAT DO WE DO?

Traditional dances from across the world.
They are easy to learn and a fun way to get fit without knowing it.

Line dancing? No, but we sometimes dance in a line!

A fitness class centred around social dancing, very aerobic, but gentle on the body.

A chance to try something new, absolutely no experience required, suit all ages, dress as you wish, come alone or bring others. Develop core strength, agility & coordination. Learn new dances.

Aim is to get fit and lose weight without the pain: nothing too frantic, extreme or high impact, just pure dance-based frivolity!



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