

Cheer-obics and Adult Dance Classes

Cheer-obics is a fun class for adults and teenagers combining cheerleading and aerobics, promoting co-ordination and fitness but most of all it is fun!!!!

Every Tuesday evening at Valley Infant School in the School Hall
Starting Tuesday, 9th June 2009 - 7.00pm to 8.00pm
Cost per class = £4.00

Adult Dance Class combines Freestyle Disco and Street Dance
(Suitable for all abilities and ages)

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People wishing to take both classes will pay £5.00 in total.
For more information call either Lisa on 07890 764918 or
Julie on 07814 565975

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