



Living Well North Tyneside

Supporting Health and Wellbeing

Venue: The John Willie Sams Centre



Time: 1:00pm - 2:00pm



Cost: £5.00



Type: Face to Face

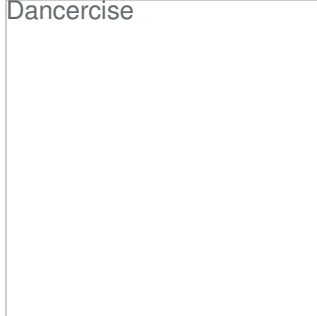
Whether you've danced before or this is your first experience, this class is a fun, feel good way to build strength, stamina and fitness. Aimed at older adults, this is great option for adults who just wish to have a dance, socialise and enjoy a friendly warm welcome. No experience required, there's no judgement just great music!

First class FREE



[dancing](#) | [aerobics](#)

Dancercise



01912500166



info@qfitgym.uk



The John Willie Sams Centre

Market Street
Dudley
Cramlington
England



<http://www.qfitgym.uk>



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