



Fitness with Friends

The People's Dance Company - supported by The Princes Trust

Fun filled dance style fitness class for the mature and retired.

Run by local professional dancer Beckie Davis -

"I love the idea of providing something for the local community that incorporates fitness and friendship!"

Every Wednesday

1pm-2.30pm

Joydens Wood Community Centre

£6 (45 minute class & refreshments)

FREE for everyone on launch date
7th November 2018



Contact Beckie to reserve your place

Phone: 07990 972789/ Email: helio@thepeoplesdancecompany.co.uk