

DANCE CLASSES FOR EVERY BODY



23 April –
21 July 2019

WELCOME!

Achieving your fitness goals just became fun!

Dance is a creative, fun, social and physical activity that is great for keeping you fit and active, boosting self-confidence and coordination. It's also a great alternative to the gym, challenging your mental agility as well as physical. At Dance City you can learn to dance at your own pace without the pressure of grades or exams. Our welcoming staff are always on hand to meet you and advise on a suitable class if you're not sure.

We look forward to seeing you at Dance City soon.



"It was my first ever dance class, everyone was friendly, and I felt very confident trying a new skill!"

"The atmosphere was great, made me feel like a teenager again! Staff were very friendly, teacher did a great job! Could have danced for hours more."

DON'T SWEAT, SPARKLE

It's a calorie burner

The cardio workout dancing provides both in classes and when busting a move on the dance floor greatly improves your aerobic fitness especially when done regularly.

It strengthens your bones

Dance is a form of weight-bearing exercise, a type of exercise that has been proven to improve bone condition and help them grow healthy and strong!

It keeps you young

From improving mental functions to boosting heart health, dance provides a number of unique benefits that look after your body and can lessen some of the effects of ageing.

It improves your memory

Dancing has been found to blend cerebral and cognitive thought processes with muscle memory, meaning that regular dancing can help strengthen and improve anyone's memory retention.

It's socially satisfying

Dancing is a great way to meet new people with a common interest from all walks of life and spark new friendships outside of work.

It relieves stress

There's extensive research that supports dance's ability to act as a stress reliever as it produces endorphins that cause our bodies to feel calm and optimistic.

ADULT CLASSES

Aerial

Targets: upper body, core.

Improving strength is one of our main focuses in aerial and you will get a full body workout from a class. Aerialists are especially strong in their upper bodies and core.

Egyptian Belly Dance

270-320 calories per hour

Targets: glutes, arms, back and lower body.

A fun social class designed to equip you with all the basic moves.

Ballet

380-450 calories per hour

Targets: lower body, posture.

Learn the art of classical ballet and build strength, poise and improve flexibility.

Salsa

405-480 calories per hour

Targets: endurance and weight loss.

This fluid and expressive style is quick to learn and is set to a fantastic soundtrack.

Ballroom dancing

250-320 calories per hour

Targets: agility and weight loss

A relaxed and social class where you'll learn a range of dances, such as Waltz, Quickstep and Foxtrot.

Tap

200-700 calories per hour

Targets: cardio, legs.

Learn the steps and technique of this iconic style and work them into combinations and routine.

Please note calorie burn figures are approximate and can vary based on individual weight and height, as well as the level of intensity of movement during class.

KIDS CLASSES

Learn, socialise and build new skills in fun and creative classes that teach the basics of dance without the stress of exams.

Aerial

Fun and creative sessions that provide an introduction to working with aerial kit including silks, ropes and trapeze.

Girlz Only

An urban class with a contemporary twist! This class will give you all the skills you need for performance with technique and choreography.

Ballet

A fun and encouraging class to learn the basic fundamentals of classical ballet without the stress of exams.

Saturday Dance Club

Covering a range of different styles, this class begins with an energetic warm up leading into group exercises and performance skills.



CLASS TIMETABLE

Tuesday 23 April – Sunday 21 July 2019

	Class	Time	Age	Level
Mon	Tap	6.30-7.30pm	Adult	Beginners
	Ballroom	6.30-7.30pm	Adult	Beginners
	Ballroom	7.30-8.30pm	Adult	Improvers
	Egyptian Belly Dance	7.30-8.30pm	Adult	All
Tues	Ballet	12-1pm	55+	All
	Salsa	1-2pm	Adult	Beginners
	Salsa	2-3pm	Adult	Improvers
	Aerial	4-5.30pm	7-11	All
	Ballet	5.30-6.30pm	Adult	All
	Aerial	5.45-7.15pm	Adult	All
	Tap	6.30-7.30pm	Adult	Improvers
	Aerial	7.30-9pm	Adult	Improvers
Sat	Ballet	9.30-10.30am	4-7	All
	Saturday Dance Club	10.30-11.30am	7-11	All
	Aerial	11.15am-12.45pm	Adult	All
	Aerial	1-2.30pm	7-11	All
	Girlz Only	2.30-3.30pm	11-15	All

Please note there are no classes on Bank Holidays.

We offer £1 off adult class prices shown for concessions - Students, Over 60's and those in receipt of Jobseekers Allowance. Proof required, not in conjunction with multi-buy packages.

MULTI-BUY PACKAGES

Make great savings on classes whilst guaranteeing your place!
You can also mix and match your classes.

Adult classes

Single 1 hr class **£7 (£6 concs.)**

90 min Aerial workshop

£12 (£11 concessions)

Book 12 classes and save 25%

Book 8 classes and save 20%

Book 4 classes and save 15%

Children's classes

Single 1 hr class **£6**

90 min Aerial workshop **£10**

Book 12 classes and save 20%

Book 8 classes and save 15%

Book 4 classes and save 10%

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 **YouTube**