



# ZEST *for life* DANCE EXERCISE CLASSES



Regular, gentle exercise can help improve long term health conditions, bone strength, balance and general health and mental well being.

Our gentle exercise class incorporates various dance styles, suitable for all abilities.

Come and join us for fun and fitness

**Mondays 2.00 - 3.00pm**  
**£5.50**

Why not stay and meet new friends after class with a complimentary cuppa and a cake

Woodlands School of Dance and Fitness  
Northfield Trading Estate  
620 Bristol Road South, B31 2JR  
Tel: 0121 476 5951  
w: [woodlandsschoolofdance.co.uk](http://woodlandsschoolofdance.co.uk)  
E: [enquiries@wsdf.co.uk](mailto:enquiries@wsdf.co.uk)

