

# Dance Fitness by Darcey Bussell

A brand new full body workout based on a range of different dance styles from around the world, as well as eras, with easy to follow steps.

All you need is a pair of trainers, lots of enthusiasm and we will provide the rest!

**Date:** Monday morn & Tuesday eve

**Time:** Mon 11.15-12 Tues 8.15-9pm

**Location:** Champions Manor Hall,  
Hullbridge Rd, South Woodham  
Ferrers, CM3 5LJ

**Price:** £5



TO BOOK YOUR PLACE CONTACT

07790 253257 or [natalieDDMIX@gmail.com](mailto:natalieDDMIX@gmail.com)

[www.diversedancemix.com](http://www.diversedancemix.com)