

# DANCE FITNESS

Where: The Cottage - 15 Pine Ave, Little Bay

When: Mondays 6pm

Saturdays 9:30am

Instructors:

Tanya from InnerMoves (Saturdays)

Natalie (Mondays)

Suitable For:

All levels of fitness

No dance experience needed

What: 40 minutes Cardio Workout

20 minutes Stretching, Resistance & Toning

Why: For Fun, Great music & Resilience

Cost: \$15 per session or \$12 for bulk-buy of 10

Contact: 0409 743 166

9311 4886 (Office Hours)