



Aberdeen

Friskis&Svettis

Exercise the Swedish Way

New Senior Dance Class!

Starts 11am

Friday 20th January 2012

Peterculter Sports Centre

ALL WELCOME!



New for 2012!

Senior Dance is an hour of conditioning, balance and movement training, packaged as pure dance and the joy of movement. Disco, jazz, pop, latin, rock and swing, Dance Senior is party time! We let ourselves be inspired by music and dance styles. The movements are simple with no complicated choreography, just imitate, let loose and have fun, with a lot of feeling and attitude.

£3.50 per class

No need to book, just come along

www.fsaberdeen.co.uk

Fun and effective exercise for all ages and abilities

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