

# NEW DANCE CLASSES FROM 9TH JANUARY 2012 MAKE NEW FRIENDS - KEEP FIT

## CHRISTOPHER WHITEHEAD LANGUAGE COLLEGE, Bromwich Road, St. Johns

Worcester. WR2 4AF  
 Tues: 6-7pm \*ZUMBA\* 8-9pm Adult \*ZUMBA TONING\*  
 Weds: 6-7pm \*ZUMBA\*  
 7-8pm Adult **Beginners** \*BALLROOM AND LATIN\*  
 8-9pm Adult **Beginners** \*ROCK N ROLL AND SALSA\*  
 \*\*Two great dances especially for parties – good fun\*\*

*Everyone Welcome!  
With/Without Partner*

## HALLOW PARISH HALL, Main Road, Hallow, Worcester, WR2 6LD

Mon: 6-7pm **Childrens** \*FREESTYLE STREET\*  
 7-8pm \*ZUMBA\* 8-9pm Adult **Beginners** \*STREET DANCE\*  
 Tues: 10-11am **Beginners** Line Dancing 11-12 noon Ballroom, Latin, Salsa, Sequence  
 6.45-7.45pm \*Zumba Gold\* 7.45-8.45pm \*ZUMBA\*  
 Weds: 10-11am **SOLO** Latin Class 11-12 noon \*ZUMBA\*

## COMER GARDENS INSTITUTE, Comer Gardens, St. Johns, WR2 6JH

Tues: 10.45-11.45am Adult **SOLO** Beginners \*LINE DANCING\*  
 Thurs: 10-11am Adult **SOLO** \*LATIN\* 11am –12 noon \*ZUMBA\*

## KEMPSEY PARISH HALL, Main Road, Kempsey, WR5 3JF

Thurs: 6-7pm \*ZUMBA\* Gold  
 7-8pm Adult **Beginners** \*BALLROOM AND LATIN\*  
 8-9pm Adult \*ZUMBA\*

## FERNHILL HEATH MEMORIAL HALL, Droitwich Road, Fernhill Heath, WR3 8RJ

Mon: 5-6pm Kids \*FREESTYLE STREET\* 6-7pm \*ZUMBA\* Gold  
 7-8pm **SOLO** \*LINE DANCING\* Weds: 7.15-8.15pm \*ZUMBA\*

## NORTON PARISH HALL, Wadborough Road, Norton WR5 2QB

Weds: 10-11am \*ZUMBA\* 11-12 Over 50's Keep Fit

## LOWER BROADHEATH MEMORIAL HALL WR2 6QY

Tues: 10.30-11.30am \*ZUMBA\* 11.35-12.35 Over 50's Keep Fit



The Dance Fitness Class to Fabulous Latin International music. Great fun!

## OLDBURY PARK PRIMARY SCHOOL, Oldbury Road, St. Johns, Worcester WR2 6AA

Mon: 7-8pm \*ZUMBA\* 8-9pm Adult **SOLO** \*LATIN N LINE\*  
 Weds: 8-9.30pm \*BALLROOM AND LATIN PRACTICE NIGHT\*  
 Thurs: 6-7pm **Childrens** \*FREESTYLE STREET\* 7-8pm \*ZUMBA\*

## NORTHWICK MANOR PRIMARY SCHOOL, Northwick Road, Worcester WR3 7EA

Tues: 6-7pm Kids Dance Mix 7-8pm \*ZUMBA\*  
 Thurs: 6-7pm \*ZUMBA GOLD\* 7-8pm \*ZUMBA\* - 8-9pm Adult **SOLO** \*LATIN N LINE\*

## ST. JOSEPHS CATHOLIC PRIMARY SCHOOL, Chedworth Drive, Warndon, Worcester, WR4 9PG

Mon: 7-8pm Adult Intermediate \*BALLROOM AND LATIN\*  
 8-9pm Adult **Beginners** \*BALLROOM AND LATIN\*  
 Tues: 6-7pm **Childrens** \*BALLROOM AND LATIN\*  
 7-8pm Adult Improvers \*LINE DANCING\* 8-10pm Intermediate \*LINE DANCING\*  
 Weds: 6.30-7.30pm Adult \*ZUMBA\* Toning 7.30-8.30pm \*ZUMBA\*  
 Sat: 7-8pm Adult **Beginners** \*BALLROOM AND LATIN\*  
**UPTON MEMORIAL HALL, Old Street, Upton upon Severn WR8 0HA**  
 Weds: 10-11am \*LINE DANCING\* 11-12 \*ZUMBA GOLD\*

*Private Tuition Available  
All Ages & Levels*

	Learn to lead/follow your partner around the floor with confidence & flair – Waltz, Cha, Q/S etc – if the Celebrities can do it so can you!
	Strictly Solo Dance -great latin rhythms Salsa, Merengue, Cha Cha, Jive etc each individual routine broken down and taught step by step.
	Zumba Toning is a Latin dance/tone program with the addition of maraca-like Toning Sticks (provided) to enhance rhythm, build strength & tone all the target zones with all the Zumba fun!
	Zumba Gold is perfect for the active older adult or absolute new beginner – great if you feel out of shape –the steps are simpler with more repetition - broken down to make it easier to follow but still with all the fun of a Zumba Class!

TEL: 01905 424415 or 07818 406108  
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