



Dance Theatre of Ireland Centre for Dance

Dance 'n Fitness



This morning class will seamlessly set you up for the day, gently stretching the whole body, but also isolating the abdominals and strengthening the back, arms and legs, giving a good muscle sculpting wake up.

Through simple dance exercises and movement, enjoy a great work out, designed to increase flexibility and flow of movement plus increase aerobic capacity. A great dance class and social alternative to the gym with a high feel good-factor.

With Helen Walsh.

Tuesday Mornings 10.00 – 11.00am

To Register:

Email us at
info@dancetheatreireland.com or
call us on 280 3455

Or Print out and fill in our
Registration Form (on the
Classes Page) and return with
your fee (cheque or postal order)

Or drop into our studio to register
& pay in person

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