



Dance Theatre of Ireland Centre for Dance

Dance 'n Fitness



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

€90 for 10 weeks

or Pay As You Go

€14/class

Register Now!

To Register:

Email us at

info@dancetheatreireland.com

or call us on 280 3455

Or Visit us at

www.dancetheatreireland.com

Or drop into our studio to

register & pay in person

T 280 3455 F 280 3466

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