

# Dance fitness



**Dance fitness classes are a fun way of exercising and are suitable for all ability levels.**

If you're 55 or over, why not come along to one of our weekly fitness sessions at Hadley Community Centre, 30 High Street, Hadley TF1 5NL.

Every Monday 11.30am-12.15pm and 12.45-1.30pm.

£5.00 per session (pre-booking essential).

For more information please call

**01743 233 123**

email [enquiries@ageukstw.org.uk](mailto:enquiries@ageukstw.org.uk)

or visit [ageukshropshireandtelford.org.uk](http://ageukshropshireandtelford.org.uk)