

**ADULT DANCE CLASSES
FOR FUN AND FITNESS
ALL AGES AND ABILITIES WELCOME
FROM 18 YEARS UP**



ADULT TAP

Our Tap class starts with a warm up and travelling steps from the corner followed by learning a short dance routine, which is built on over several weeks each term.

Tuesdays

Barkway Village Hall
Cambridge Road
Barkway

7.30 – 8.30pm

First class a no obligation trial



ADULT BALLET

Our Ballet class follows the traditional format of a ballet class, with barre and centre work and is a non syllabus class suitable to all abilities for fun and fitness

Wednesdays

URC Hall
Baldock Road
Buntingford

6.15 – 7.15pm

First class a no obligation trial

WHY DANCE?

Dance is great for improving flexibility, core strength, posture, coordination as well as giving you a mental work out learning and remembering steps. Dance is also good for your social and emotional well-being; reducing stress and boosting self-esteem. It's a great way to meet new people.

To register for classes or for more information:

Email admin@buntingfordschoolofdance.co.uk

Visit our website contact page and complete the adult classes booking form:

<https://www.buntingfordschoolofdance.co.uk/contact-us/>