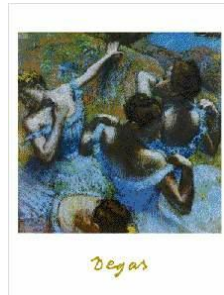


Cambridge Cancer Help Centre

**CLASSICAL DANCE EXERCISES
FOR FITNESS & FUN**

WEDNESDAYS: 2.30 pm – 3.30 pm

4 October-29 November 2017



**For more information: contact Sue Pocock via
email: chestertonballetschool@hotmail.com**

Do you want to improve your balance, strength,
co-ordination, musicality, and dance technique?

These sessions are tailored to the individual capabilities of anyone who comes along each week as well as sitting on a chair enjoying the music.

Anyone of any age may come and try out a 'Taster Session' at anytime! Why don't you come along and improve your fitness?

Here are some comments from Sue's Group:

“I enjoy going to these dance sessions and I join in when I can and Sue is a good teacher.”

“The adult dance classes are great. Sue is an excellent teacher with lots of patience and a sense of humour.”

“The exercises are very good for posture, stretching and muscle control.”

“You discover muscles which have been dormant for years”.

A Dance Quote:

“Dance is Fun! It lifts the spirit, strengthens the body, and stimulates the mind . . .” Wayne Sleep.