

Cambridge Cancer Help Centre

**CLASSICAL DANCE EXERCISES
FOR FITNESS & FUN
WEDNESDAYS**

**NOTE NEW TIME 2.00 pm – 3.00 pm
Re-starting on 14 February 2018**



**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'.

Why don't you come along and improve your fitness?

All Welcome.

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.