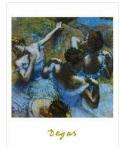
## **Cambridge Cancer Help Centre**

## 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: <a href="mailto:chestertonballetschool@hotmail.com">chestertonballetschool@hotmail.com</a>

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".

<u>A Dance Quote:</u> "Dance is Fun! It lifts the spirit, strengthens the body, and stimulates the mind . . ." Wayne Sleep.