

DANCE IT LIVE IT

with Sophie Johnson

Services and Class Details:

Monday:

Adult Fitness Class.

7.30 – 8.30pm.

£2.50.

Exploring Aerobics, Boxercise, Dance Fit, Just Jhoom!, Zumba, Toning and Relaxation.

Come along and experience a mix of great exercise techniques and get fit whilst having fun!

Thursday:

Lyrical Slow Dance and Stretch Class.

7.15 – 8.00pm.

£2.00.

Open only to competitive dancers. An opportunity to improve your Slow Dance Technique and to improve Flexibility in preparation for Competitions.

Friday:

Freestyle Disco Class.

5.00 – 6.00pm.

£2.50.

Open only to competitive dancers. An opportunity to improve your Freestyle Technique and Routines in preparation for Competitions.

Saturday:

Mini Cheer. (7-11 years)

10.00 – 10.45am.

£2.00.

Cheer Cru! (11+ years)

11.00 – 12.00nn

£2.50.

Cheer Dance with Pom Poms, exploring Jumps, Formations, Dance and Lifts. OPEN TO ALL, not just dancers from the dance school.

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Dance School and Principal Information:

If you are interested in any of the above classes please contact Sophie Johnson on 07788620265 or sophiejohnson25@btinternet.com – alternatively you can just turn up as there is no need to book!

DANCE Classes, which are open to all – not just competitive dancers also run within the area. Please contact Sophie Johnson on the above details for further information.

Sophie Johnson.

Bachelor of Arts (Hons) Dance and Choreography.

Post Graduate Certificate of Education in Dance.

IDTA, BDC, UKA, NCDTA, ADFP – full member and adjudicator of all.

Zumba, UKCA Cheer Dance, Hoop Dance, Just Jhoom!
plus more coaching qualifications with a variety of styles to offer.

Full Insurance and Public Liability.

Full Enhanced CRB Checked.

Child Protection Trained.

First Aid Qualified.