

Full List of I.D.T.A Ballroom Dance Classes: September 5th – December 17th

run by **EXPERIENCE DANCE & FITNESS** tel 01327 354892 07970571545 www.danceandfitness.co.uk

1) [NORTHAMPTON - CAROLINE CHISHOLM SCH, WOOTTON FIELDS \(15 wks\)](#)

Mondays

8.15-9.45pm	Beginners' Ballroom and Latin Dancing	
JULIE	Foxtrot & Paso Doble	1st 7 wks
	Ballroom Tango & Jive	2nd 8 wks

Tuesdays

8.15-9.45pm	Improvers' Ballroom Dancing	
GILL	Ballroom Tango & Samba	1st 7 wks
	Foxtrot & Jive	2nd 8 wks

Wednesdays

8.30-10.00pm	Modern Sequence Dancing	
JOHN	for absolute beginners. The simplest way to find out if you will like ballroom and latin dancing. Learn simple routines which will enable you to travellessly around the room.	

Thursdays

8.15-9.45pm	Beginners' Ballroom & Latin Dancing	
LEANNE	Quickstep & Rumba	1st 7 wks
	Waltz & Cha Cha Cha	2nd 8 wks

Fridays

7.00-8.30pm	Beginners & Improvers' Ballroom & Latin Dancing	
GILL	Waltz & Jive	1st 7 wks
	Quickstep & Paso Doble	2nd 8 wks
8.30-10.00pm	Argentine Tango	
GILL	for absolute beginners. One of the most popular dances due to its ease of movement, improvisational structure, passion and drama. Equally popular with men and women.	

2) [BIDDENHAM PAVILION \(BIDDENHAM, Bedford\) – Sundays \(12 wks\)](#)

6.00-7.30pm	Beginners' Class:	
GILL	Waltz & Rumba	1st 6 lessons
	Foxtrot & Cha Cha Cha	2nd 6 lessons
7.30- 9.00pm	Improvers' & Intermediates' Class:	
GILL	Quickstep & Samba	1st 6 lessons
	Ballroom Tango & Jive	2nd 6 lessons

3) [KISLINGBURY VILLAGE HALL, ASHBY CT, KISLINGBURY \(Northampton\) - Mondays](#)

7.00-8.30pm	Beginners' Classes:	
GILL	Waltz & Rumba	1st 7 wks
	Quickstep & Cha Cha Cha	2nd 8 wks
8.30-10.00pm	Improvers' / Intermediates Classes:	
GILL	Ballroom Tango & Jive	1st 7 wks
	Waltz & Cha Cha Cha	2nd 8 wks

4) [BUCKINGHAM YOUTH CENTRE, LONDON RD - Wednesdays](#)

8.15-9.45pm	Beginners' & Improvers Ballroom and Latin Dance -	
	Ballroom Tango and Jive	1st 7 weeks
	Waltz and Paso Doble	2nd 8 weeks

SOLO DANCE-FITNESS CLASSES

run by **EXPERIENCE DANCE & FITNESS** tel 01327 354892 07970571545 www.danceandfitness.co.uk

1) NORTHAMPTON - CAROLINE CHISHOLM SCH, WOOTTON FIELDS (15 wks)

Mondays

7.15-8.15pm **Latin Dance Workout** a lively solo dance-fitness class for adults with latin styles and latin music. Good for losing weight!
JULIE

Tuesdays

7.10-8.10pm **Quicksteps to Fitness** a brand new solo class, incorporating moves from freestyle, ballroom and latin dances. Very varied and interesting. Not to be missed.
GILL

8.15-9.15pm **Adult Ballet** mainly for absolute beginners, but those with some experience are also welcome.
TERESA

Wednesdays

7.15-8.15pm **Improvers' Tap Dancing** Some experience is needed for this class. We have a beginners' class on Thursday.
LEANNE

8.15-9.15pm **Solo Salsa** No experience required to enjoy this wonderful latin solo dance class danced to salsa rhythms.
LEANNE

Thursdays

8.45-10.00pm **Beginners' Tap Dancing** suitable for all ages. This class is likely to be oversubscribed so book early
LEANNE

2) TOWCESTER , WELLBEING FITNESS, OLD GREEN'S NORTON RD

Mondays

10.30- 11.30 am **Latin Dance Workout - daytime class** dancing is the perfect and most enjoyable way of getting fit. It exercises every muscle, and keep all the joints moving. Coupled with fantastic latin music, what more can you want from a dance workout whateverat any age?
JULIE

3) BUCKINGHAM YOUTH CENTRE, LONDON RD

Wednesdays

7.15-8.15pm **Latin Dance Workout** details as above

More details of all classes & fees can be found on the website

www.danceandfitness.co.uk

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