

**Classes and Activities – Information Sheet**

**FitSteps**

**Category:** Adult (18+ years)

**Date(s):** Sat 9 Sept, 23 Sept, 7 Oct, 14 Oct, 21 Oct 28 Oct, 4 Nov, 11 Nov, 18 Nov, 25 Nov, 2 Dec (exc 16 and 30 Sept)

**Day:**  Saturdays

**Time:**  10.15am – 11am

**Location:**  Norden Farm Centre for the Arts

**Tutor:**   Julie (Jaye) Antonsen

**Class Size:**  15

**Cost of class:** Per Session £5

**Information about the class:**

FitSteps is an energetic, upbeat dance workout mixing the graceful steps of Ballroom and the up-temposteps of Latin dances. Transform your body and have fun dancing to music that will get your heart pumping!

**Materials or clothing required and any additional costs:**

Comfortable gym type clothing such as t-shirt and joggers / track suit bottoms. And trainers or jazz shoes.

**Tutor biography:**

​Hello my name is Julie and dance is my passion. I have been Line Dancing for 18 years, the last 14 of these with Dancenergy dance school. I have competed in competitions worldwide, eventually reaching World Championship level. However, 8 years ago I decided to give this up so I could teach and share this fun form of dance. My aim for my dancers is for a fun, relaxed class.

**To book please contact the Box Office on 01628 788997 or visit** [**www.nordenfarm.org**](http://www.nordenfarm.org)

**Norden Farm Centre for the Arts Ltd. (No. 5405277) & Norden Farm Centre Trust Ltd. (No. 2713653, Charity Registration No. 1013555) are companies registered in England and Wales. The Registered Office is Altwood Road, Maidenhead, SL6 4PF.**