**Classes and Activities – Information Sheet**

**Fit Steps – SUM2018**

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

**Date(s):** 5 May – 18 Aug (exc 19 May, 2 Jun, 14 Jul and 11 Aug)

**Day:**  Saturdays

**Time:**  10.15am – 11am

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

**Tutor:**   Julie (Jaye) Antonsen

**Class Size:**  15

**Cost of class:** £5 per session

**Information about the class:**

Fit Steps 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:**

​Julie Antonsen’s passion is dance. She has been Line Dancing for 18 years, the last 14 of these with Dancenergy dance school. She has competed in competitions worldwide, eventually reaching World Championship level. However, eight years ago she decided to give this up so she could teach and share this fun form of dance. Julie’s aim is for dancers to have a fun, relaxed class.

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

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