

Strictly Fun FitSteps!

FitSteps® is a Latin & Ballroom dance fitness workout where there is no partner required!

GET FIT

FitSteps® is a great way to get fit without even realising! It's so much fun you won't feel like you are working out but believe us, you will be!

LEARN THE DANCES FROM STRICTLY

This is your chance to learn the wonderful dances you see on Strictly without the need for a partner and in a relaxed fun environment

MEET NEW PEOPLE

You'll become part of a fab-u-lous group of FitSteppers and become part of our FitSteps® community. FitSteps® is a great way to socialise and make new friends.

ANYONE CAN DO IT

You don't need any dance experience and you don't need to be fit to be able to enjoy FitSteps® – it's a dance fitness workout suitable for everyone!



#danceyourselffit

Come and join me for some *Strictly Fun Fitness!*

Starting Tuesday 3rd August 2021

Time / Day:

Tuesday 6.15pm-6.45pm

Venue:

Markfield Community Centre

Contact me:

07912215082 - Please ring to book your place

Follow us:



Fitsteps With Sam - Find me on Facebook!!