



It's Just a Dance Class

It's just a dance class!
4 walls, a floor and a roof.
A sound dock and some music.
A pair of dance shoes.
Movement to music.

It's just a dance class!
Things get built here -
Stronger bodies.
Fitter bodies.
Confident bodies.
Things get broken here -
Barriers.
Silence.
Sweat.
.....but it's just a dance class!

Friendships are forged.
Community is created.
We rally together in the sad times.
We celebrate the good times.
.....but it's just a dance class!

We conquer our demons.
We relieve our stress.
We quiet the voices in our heads.
We feel at home here.
.....but it's just a dance class!

It's the date in our diary we never miss.
It's the time for us to be carefree.
It's the place where we can let go.
It's part of our lives.
It's not **just** a dance class.
We will be back.
Stronger than ever.
Together.