



WATERSIDE WORKSHOPS

Chair Dance

Get fit the fun way! A funky, sassy, dance class that's lots of fun - Using a chair as your dance partner. Carefully choreographed to tone your arms, abs, legs and waist, creating a dance that will make you feel glamorous and powerful!

Saturday 18th May 12:45 – 13:45 Studio 1 with Dawn
Members £6 Non-Members £8



Sounds of Screen and Stage.

This dance class is filled with show tunes from musicals old and new to make you want to move. Including Chicago, The Greatest Showman, Hairspray, Burlesque and Mama Mia. Easy to follow routines means no dance experience necessary, come along and join the fun.

Saturday 29th June 12:30 – 13:30 Studio 1 with Natalie
Members £6 Non-Members £8



BADASS. Brought to you by Bounce Dancefit.

BADASS is a choreographed dance fitness class designed to make you fit while you enjoy different styles of street dance. This combat, cardio & conditioning class will have you getting into shape in style. Easy to follow and will have you toning muscles, burning calories, improving your balance and jamming out all to the beat of BADASS tunes.

Saturday 13th July 12:30 – 13:15 Studio 1 with Lisa
Members £5 Non-Members £7



Book now* at Reception or call 0161 971 7000

**minimum number of participants for the workshop to run - 10*