

WATERFOOT CENTRE : 52 BRIDLEWAY, WATERFOOT, ROSSENDALE BB4 9DS

RAMSBOTTOM CENTRE : BUCHANAN SPORTS & SOCIAL CLUB, BUCHANAN STREET, RAMSBOTTOM BL0 9JF

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## MONDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	BOOKING REQUIRED	COST
LINE DANCING	10:00–10:55	WATERFOOT	UPPER	YES	YES	£5
ZUMBA	11:00–11:55	WATERFOOT	UPPER	YES	YES	£5
BALLET	6:30 – 7:10	RAMSBOTTOM	UPPER	YES	YES	£3.75
TAP	7:15 – 7:55	RAMSBOTTOM	UPPER	NO	YES	£3.75
MEGAFIT	7:30 – 8:25	RAMSBOTTOM	LOWER	YES	YES	£5
BALLET	8:00 – 8:55	RAMSBOTTOM	UPPER	NO	YES	£5
DANCILATES	9:00 – 9:25	RAMSBOTTOM	UPPER	YES	YES	£2.50

## TUESDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	BOOKING REQUIRED	COST
TAP	7:35 – 8:30	WATERFOOT	STUDIO 2	NO	YES	£5
BALLET	8:35 – 9:30	WATERFOOT	STUDIO 2	NO	YES	£5
TAP	7:45 – 8:25	RAMSBOTTOM	UPPER	YES	YES	£3.75
LINE DANCING	8:05 – 9:00	RAMSBOTTOM	LOWER	YES	YES	£5

## WEDNESDAY

CLASS	TIME	WHERE	STUDIO	BEGINNERS	BOOKING REQUIRED	COST
ACRO	8:15 – 8:55	WATERFOOT	STUDIO 2	YES	YES	£3.75

## Salsacise & Fit for Life Coming Back Soon

### CLASS DESCRIPTIONS

ZUMBA FITNESS is a Latin inspired cardio-dance workout with choreographed steps to form a fitness party atmosphere.

SALSACISE is the class that keeps you fit whilst having fun. Salsacise is a combination of Salsa, Cha Cha, Samba & aerobic workout.

FIT FOR LIFE is a class that combines aerobic, strength & flexibility, in a specialised class, designed to increase energy levels and promote healthy aging and well being.

DANCILATES is a low impact exercise class that aims to strengthen muscles while improving postural alignment and flexibility.

MEGAFIT classes are fast paced cardio fitness workouts designed to increase power, endurance and efficiency.

LINE DANCING is choreographed dance with repeated sequence of steps in which you dance in one or more lines.

ACRO is a combination of dance & acrobatic movements that help develop strength & flexibility.

CLUBFIT classes are designed to make you feel like you are dancing in a nightclub. Lights off and full of fun, glowsticks at the ready and classic tunes! Making fitness very fun! ☺