

# Nelson Adult Fitness & Solo Dance



## SEPTEMBER HIGHLIGHTS

★ Brand New Classes ★

To view all of our classes go to  
[www.sandersondance.co.uk](http://www.sandersondance.co.uk)

★  
Join a  
new class  
& try something  
different today!  
★



**sanderson**  
a world of dance & fitness

Join one of our fantastic  
dance and fitness workouts



## Body Conditioning

Monday 5.10-6.00pm

£4.50 per class

## Total Body Workout

Monday 6.00-6.45pm

£4.50 per class - Please book

## Salsacise

Monday 8.00-8.45pm

£4.50 per class - Please book



## Boogie Fit

Thursday 8.00-9.00pm

9 week course starts 5th September

£45.00 - Please book

## Pilates

Wednesday 10.15-11.00am

£4.50 per class

Many other times available over the week -  
please see website

## Kettlemix

Thursday 6.00-6.45pm

£4.50 per class

## Baggy T-Shirts

Tuesday 9.30-10.15am

Tuesday 7.00-7.45pm

£4.50 per class

## Latin Line Dancing

Tuesday 12.00-12.50pm

£4.50 per class

Also available Friday 11.00-11.50am

## Adult Ballet for Beginners

Thursday 7.30-8.15pm

New course starting from September

The above classes are just a **small selection** of what we offer.  
We have many more classes available for you to choose from.  
Please visit our website to view our full timetable

★★★★ [www.sandersondance.co.uk](http://www.sandersondance.co.uk) ★★★★★