



*shimmy, shake, Wiggle & Giggle  
to Dance Fitness Fun*

**FunDancing**

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**New Course Offering and Class Changes from November 2011**

**1. Introducing FunDancing Steps Courses starting Monday 7th November 2011**

Each course will run for:

- 4 consecutive weeks (one class a week)
- each class in the course is 40 minutes long
- the cost of the course is £15 (those paying FunDancing by Standing Order its Free!)

The courses will teach the basic steps used in the FunDancing routines.

*So if you are getting in a muddle with Cha Cha, Rumba, Salsa, etc. time steps / basics then this is the course to join. I understand a number of people want to join FunDancing but fear the steps! Please pass the word around that they can learn them at FunDancing Steps.*

**2. FunDancing classes are infinitely more popular than the FunDance-a-cise classes. So as from Monday 7<sup>th</sup> November the last remaining class of this type (Lavenham) will become a FunDancing class (you probably won't notice much difference until a new routine is introduced).**

What's the difference? FunDancing: routines are taught - FunDance-a-cise: just follow.

*The above changes are to help you get more out of your dance experience in terms of exercise, toning, fitness. rhythm, posture and confidence  
... oh and fun instead of frustration ☺*

**3. The timetable from Monday 7th November will be as follows:**

	<b>FunDancing Steps</b>	<b>FunDancing</b>	<b>Location</b>
<b>Mon</b>	9:15 am	10 am	East Bergholt
<b>Tues</b>	9:15 am	10 am	Brantham
	6 pm	6:45 pm*	Lavenham
<b>Wed</b>	6:45 pm	7:30 pm	Hadleigh
<b>Thurs</b>	9:15 am	10 am	Capel St Mary
	6:15 pm	7 pm*	Capel St Mary
<b>Fri</b>	9:15 am	10 am	Stratford St Mary

*\*note time changes*

Classes are now filling up again after the summer months. To be fair to you and other class members please ensure that you book your place.

To reserve your space simply let me know (contact details at top of this letter) or mark on the attendance sheets if you are going to be away for any reason, especially those who are 'pay as you' go you don't want your space to be taken by someone else, do you?

Keep wiggling and giggling 'Strictly' Style!

*Janet x*



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