

# DanceFit UK

## East Anglia

COPDOCK & WASHBROOK VILLAGE HALL

WWW.DANCEFITUK.COM

New group fitness classes starting in Ipswich.  
Suitable for all adult ages and abilities.

### Stretch & Strengthen

Mondays 5.15pm-6.15pm

Stretch & Strengthen is a gentle approach to fitness and wellbeing, inspired by the techniques of pilates, yoga, meditation and body conditioning. Please bring your own yoga mat to abide by COVID-19 precautions.

### JazzFit

Mondays 6.15pm-7.15pm

JazzFit is a dance fitness class that implements elements of jazz dance and aerobics, similar to Zumba. Each week has a new fun theme, previous sessions include Back to the 1980s, Mamma Mia!, West End Musicals, Christmas, Girl Bands vs Boy Bands and many more!

Classes take place at Copdock Village Hall every Monday (excluding Bank Holidays) from 7th March 2022 onwards. Attend a single class and pay as you go or receive a discounted fee when you enrol for 8 weeks in advance.



Copdock & Washbrook Village Hall  
London Road  
Copdock  
Ipswich  
IP8 3JN

Visit our website [www.dancefituk.com](http://www.dancefituk.com) for more info or contact Lauren at [dancefituk@mail.com](mailto:dancefituk@mail.com) to enquire or book onto a class!



# DanceFit UK

## East Anglia

COPDOCK & WASHBROOK VILLAGE HALL

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New dance school opening in Ipswich!  
Contact us now to book your FREE trial at any of our children's classes:

### **Baby Boppers (0-3 years)**

Saturdays 9.15am-10am

Our Baby Boppers classes are aimed at toddlers and their parents, encouraging positive associations with both music and movement from a young age. It incorporates the use of many imaginative and educational props as well as interactive demonstrations and performances.

### **Twinkle Toes (Ages 3-5)**

**Ballet:** Saturdays 10am-10.30am

**Jazz, Street & Musical Theatre:** Saturdays 10.30am-11am

Our Twinkle Toes dance classes are an initial introduction of dance technique to preschool children, aiding mental development and physical strength, communication skills, engaging in movement and allowing them to express themselves.

### **Juniors (Ages 6-10)**

**Ballet:** Saturdays 11am-11.45am

**Jazz, Street & Musical Theatre:** Saturdays 11.45am-12.30pm

Our Juniors classes offer students the ability to gain high quality dance training in a fun and friendly environment, with a clear focus on creativity, performance, musicality, learning repertoire and developing their understanding of correct technique.

**Spring Term: 5th March - 9th April 2022**

Copdock Village Hall, London Road,  
Ipswich, IP8 3JN

To enquire or book onto a class contact Lauren via email [dancefituk@mail.com](mailto:dancefituk@mail.com) or visit our website or social media pages for more info:

Facebook: @dancefituk1

Instagram: @dancefituk\_

