**Class Descriptors - Dance**

**Broadway Boogie**

A dance fitness workout inspired by musicals from stage and screen. Uniquely choregraphed routines that are kind to your body but still deliver a heart-pumping workout.

**Dancefit\*\***

Move to the beat! A fun, energetic cardio workout with dance routines suitable for all levels.

**Dance Aerobics**

A fun, energetic cardio workout with dance routines suitable for all levels.

\*\*Premium classes. PAYG or free with Full Fitness (£30) Membership