

DANCE ATOMIC

1leisure
have fun, get fit, stay fit

The Heights

Medina



DANCEATOMIC

dance fitness

A fun and action-packed workout with the latest dance tunes and some smokin' hot dance moves!

A REAL FEEL GOOD CLASS

VARIED ROUTINES AND MUSIC STYLES

FRIENDLY, WELCOMING ENVIRONMENT

WWW.1LEISURE.CO.UK

FACTFILE

DURATION	INTENSITY	CALORIES BURNED	AGE RANGE	SUITABLE FOR BEGINNERS	GOLD CARD	SILVER CARD
55 MINUTES	MODERATE TO HIGH	UP TO 600	14+	YES	YES	NO

PRICE

Adult £6 Junior £3.40

WHAT

DanceAtomic has been a hit from the moment it was introduced. Dance yourself fit to the very best uplifting dance tunes along with energising, enthusiastic instruction and fun choreography that is easy to grasp.

FAQ'S

How fit do I need to be?

Anyone can get a great workout in DanceAtomic. Push yourself to your own limits and you will have a great class.

WHY

DanceAtomic has a real feel good factor that keeps people coming back time and time again. A great workout for the whole body in a fantastic welcoming environment – you'll smile and sweat at the same time!

What do I need to bring?

Bring a towel and a water bottle. Wear comfortable sportswear and trainers.

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