

FITSTEPS

1leisure
have fun, get fit, stay fit

The Heights

Medina

The unique dance fitness programme that's so much fun you don't even realise you're getting fit!



STRICTLY COME DANCING!

A FITNESS CLASS DELIVERED THROUGH DANCE

BASED AROUND 12 MOST POPULAR LATIN AND BALLROOM DANCES

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FACTFILE

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

PRICES

Adult	£6	Junior	£3.40
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WHAT

During the long, arduous training sessions of Strictly Come Dancing, Natalie Lowe, Mark Foster and Ian Waite had a great idea. Fitsteps mixes the grace of Ballroom with up-tempo Latin dances to create a fun and effective way to stay fit and keep trim.

FAQ'S

How fit do I need to be?

Everyone can take part in Fitsteps as the moves can be tailored to every fitness level.

WHY

Fitsteps is based around 12 of the most popular Latin and Ballroom dances and the specific steps matched to them. Our instructors deliver these steps in varying degrees of intensity to accommodate varying levels of fitness. Strictly come and dance yourself fit!

What do I need to bring?

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

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