

Fitsteps – fitness that's 'Strictly' fun

Fitsteps is the result of a collaboration between two of the UK's most famous ballroom dancers, Natalie Lowe and Ian Waite and one of Britain's most successful swimmers, Mark Foster.

Their arduous dance training for "Strictly Come Dancing" inspired them to create a dance fitness programme, which combines the graceful steps of Ballroom with the up tempo steps of Latin American.

The result? A fun and energetic workout.

*Why not come along and try it for yourself? Classes are held **every Wednesday at 11 am** at Snodland Community Centre.*

*Interested? Then, contact Deborah on:
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