



Beginners

Fast **T**rack




Learn to dance with us.


8 lessons for the price of 4

Every Wednesday at Mytchett
Community Centre from 8pm.

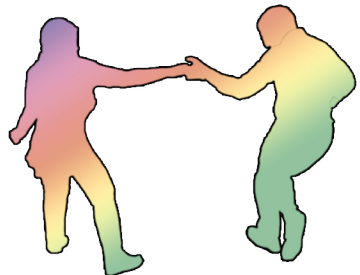
For more information visit our website

 www.modernjivekings.co.uk

OR

 @modernjivekings

So what are you waiting for?



Reasons to dance

- * *Improved health*
- * *Improved core strength*
- * *Helps reduce stress*
- * *Meet new people and make friends.*
- * *Good for your heart.*
- * *Improves flexibility*
- * *Increased energy*
- * *Helps boost memory*