



Fiona Wonnacott

L O V E D A N C E L E T C H W O R T H

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Hello!

I'm Fiona and I have been teaching dance fitness classes in the local community since 2012. It really is my passion to share my love of dance and exercise to music. My mission is to help more people enjoy exercise and for everyone to leave each class feeling energised and happy.

Friday mornings will be a class called 'Simply SOSA'. We will enjoy a variety of gentle routines based on different dance styles, which can all be danced seated, standing or supported (holding a chair for balance). I really hope that you enjoy dancing with me on Friday mornings, I know it will be a highlight of my week!

Here are the details:

- Fridays, 10.45-11.30am at the Fortescue Hall
- Drop-in class, so no need to book
- Please wear suitable footwear (trainers), comfortable clothes to move in and bring a bottle of water.
- The class is £5.00 and only payable when you attend. Payment can be made by cash or I have a card machine.
- Please arrive a few minutes early to your first class to complete a health form

There is lots more information on the website about all my classes in the local area www.lovedanceleetchworth.co.uk and please do get in touch if you have any questions by emailing me fiona@lovedanceleetchworth.co.uk

I'm really looking forward to getting to know you and dancing with you!

Best wishes,

Fiona

