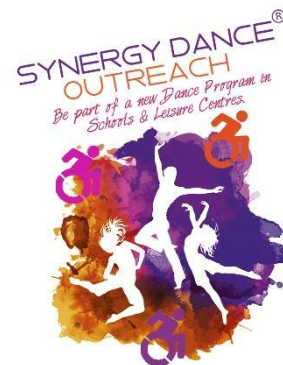


YMCA East Surrey, Sovereign Centre

Teen Dance/Fitness Course

For VI & SEN aged 11+ years



Come and enjoy our relaxed sessions at YMCA, Sovereign Centre.

Teen Dance/Fitness Class

Aerobics, stretching, strength and cardio work, all to fun, upbeat music.

Wednesdays 4:45pm – 5:30pm (11+ years)

Our fun, dance and fitness classes include resistance, stretching, toning, strength and cardio work, increasing energy levels, muscle tone and strength, endurance, flexibility and motor skills. Benefits include improved fitness and stamina, decreased stress, improved balance, spatial awareness and coordination, improved posture, new friendships and networks, the chance to exercise as a family, improved confidence, well-being, increased independence and quality of life.



Wear loose comfortable clothing or gym kit + plimsolls, pumps or trainers. Bring a bottle of water to class.

Term Dates: 11th September - 18th December
(no class 30th Oct)

Term Fee: £2.50 per class, per person
(payable per term) *Drop in sessions by arrangement



Would you like to try **Teen Yoga/Relaxation for VI & SEN participants** too? For more information and to book a place contact:

admin@synergydanceoutreach.co.uk

For more information on Synergy clubs, classes, workshops and parties in schools and leisure centres see:
<http://synergydanceoutreach.co.uk>