

GET UP & GO DANCE!

Come & learn how to move your body in a safe, fun and stimulating way. Engaging your mind as well as strengthening your body.



For more information contact:

3.15pm – 4.30pm

Every Thursday

Starting 6th February

£4.00 per session

At Brass Band Hall, Daventry,
NN11 0PN.

To book in contact:

Clemmie – 07787 420666

clementinemilnes@gmail.com

Dance • Share • Laugh • Live

No
experience
needed. Come
and give it
a go!

Adult
Learning



Northamptonshire
County Council

Northamptonshire
sport
The Voice For Sport

www.northamptonshiresport.org