

RJC DANCE

COMMUNITY CLASS

“STREET-ERCISE”



Photo: Naomi Cumba

Want to learn some of the latest dance video moves?
Want to learn how to co-ordinate those funky feet?
But most of all, want to gain more CONFIDANCE?

Then this is the class for you

Led by De-Napoli Clarke
Artistic Director, RJC Dance

Cost:£3 (voluntary contribution to
fundraising activities)

at **THE MANDELA CENTRE**
Chapelton Road, Leeds LS7 3HY

EVERY THURSDAY from 15 JANUARY 2009
7 to 8 pm

RJC DANCE

“STREET-ERCISE”

COMMUNITY CLASS

18 yrs+ welcome

Wear comfortable clothing that you can move in, and light soled footwear or bare feet.

Dance is a naturally strenuous exercise and participants should take responsibility for ensuring that they are fit to take part. If you have any health concerns or are pregnant please seek advice from your doctor before attending.

RJC Dance does not tolerate verbal or physical abuse against members of staff, tutors or fellow participants.

RJC Dance reserves the right to change the times and tutors of all workshops and classes.

T: 0113 239 2040

E: info@rjcdance.org.uk

W: www.rjcdance.org.uk

