DDMIX

DIVERSITY FOR BODY & MIND

Created by
DARCEY BUSSELL
and NATHAN CLARKE

Dance Fitness by Darcey Bussell

A brand new full body workout based on a range of different dance styles from around the world, as well as eras, with easy to follow steps.

Suitable for all ages – all you need is a pair of trainers, lots of enthusiasm and we will provide the rest!

Every Thursday at 9.15am
St Mary's Centre,
Ryde PO33 2RE
(behind St Mary's Church)
£4.50

Every Tuesday 10am Sandown
Methodist Church (60+)

6.30pm Ryde School
Queens Rd
£4.50

Every Wednesday 6.30pm
Ventnor Winter Gardens
£4.50

ISLE BE ACTIVE

To book your place contact Dadina on 07885 348634
www.diversedancemix.com