

Dance On with FGF

WHERE:

**Community Room,
Holy Rosary Church (Parish of
Mother of Unfailing Help),
Chapelton Road, LS7 4BZ**

WHEN:

Starting Monday 3rd March 2025

TIME:

1.30pm - 2.30pm



- Dance On is a fun adaptable way to stay active and boost wellbeing
- Sessions teach new moves to improve body awareness, health and fitness.
- Suitable for all mobility levels, with seated and standing options
- All welcome whether you're a seasoned dancer or a beginner!

For more information and to book a place contact:



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fgfleeds.org



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**YORKSHIRE
DANCE**