

# Ballroom, Latin & Sequence Socials

## Weekly Practise Sessions

Wednesdays 11.00am  
£5 drop in class



We run social dances where you can practise your moves, have a drink, and enjoy a laid back social evening.

## Spring Hop Social Dance

Saturday, 18 April 2020  
7.30pm - 10.30pm

## Summer Social Dance

Saturday, 13 June 2020  
7.30pm - 10.30pm

£10pp

(Bring your own drink)

Tickets on sale at reception.

## Wedding Dances



Our highly-qualified teachers can work with you to suit your needs & abilities to make your Wedding Dance a moment to remember.

Wow your friends & family and cherish your special moment with an impressive routine.

# Class Descriptions

**Ballroom** - Waltz – Quickstep – Foxtrot - Tango  
**Latin** - Cha Cha – Rumba – Jive - Samba- Salsa

### Ballet

Learn the fundamentals of Ballet and the joy of this beautiful art form in a fun environment. Ballet technique is great for both your body and mind! Open to adults of all ages and to those who have never done it before.

### Ballet Be Fit

This is a low impact class offering an engaging and enjoyable option for physical activity whilst building stronger core, promoting balance. This class is designed to work on improved strength, maintain muscle form and improve flexibility and mobility.

### Cheerdance

Cheer Dance is an American art form created to champion and encourage sports teams. The emphasis of cheer is on teamwork using visual shapes and formations to create a powerful effect to catch the eye.

### Disco Workout

A Disco dance based class packed full of fun routines to follow along and old-school frolics!

### Go Dancercise - Low Impact

A fitness class designed to keep your energy up and get you moving and grooving. This is low impact class, good for those looking to keep active or get back into fitness.

### Kettlercise

Using just a kettle bell, you can sculpt your body fast and achieve fat loss effectively. An all-over great body-toning class in 55 minutes.

### Latina Workout

This class uses the up-tempo steps of Latin dance. A fun and energetic class to keep fit and learn to dance without a partner.

### Legs, Bums & Tums

An all round great toning class starting with a cardio warm up, followed by exercises with resistance bands, barre and mat work.

### Line Dancing

This dance consists of a sequence of steps that are repeated throughout the music. Although a variety of music may be used, the major emphasis is on country-and-western music.

No Partner Required

### Pilates

A light exercise class which uses mat work exercises to stabilise the major joints and spine by strengthening the surrounding muscles. We work to achieve perfect posture and teach STOTT Pilates technique.

### Routine Dance Class

Learn to dance with routines of many styles including Jazz, Cheer, Burlesque and Freestyle! If you've always wanted to learn to dance or danced as a child, our fun group environment is open to all.

### Tap

Based on creating rhythms through fast leg and ankle work, but with an effortless finish, tap dance belongs to the classical musical stage and to the realm of contemporary percussive instruments.



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# Adults' Timetable 2020

Spring  
(Mon 6 Jan - Mon 6 April)

## Dance, Fitness and Performing Arts Studios



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Lincs, NG34 7EQ  
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www.godance.co.uk



# Adults' Dance and Fitness Timetable

## Partner Dance

### MONDAY

8.00pm Ballroom - Improvers  
8.00pm Latin - Improvers

### TUESDAY

7.30pm Latin - Beginners  
7.30pm Latin - Intermediate  
8.30pm Ballroom - Beginners  
8.30pm Ballroom - Improvers

### WEDNESDAY

11.00am Ballroom, Latin & Sequence Practise  
Sessions **NEW** (Drop in class)  
7.00pm Latin - Absolute Beginners **NEW**  
8.00pm Latin - Improvers

### THURSDAY

8.00pm Ballroom - Absolute Beginners **NEW**

### FRIDAY

7.30pm Ballroom - Intermediate

## Dance Fitness

### MONDAY

2.00pm Ballet Be Fit **NEW**  
7.00pm Latina Workout  
7.45pm Kettlecise

### TUESDAY

6.30pm Line Dancing Beginners **NEW**  
7.00pm Legs, Bums, & Tums **NEW**

### WEDNESDAY

10.00am Go Dancercise (Low Impact) **NEW**  
11.00am Pilates

### THURSDAY

9.30am Latina Workout **NEW**  
7.00pm Disco Workout

## Dance Classes

### MONDAY

7.00pm Cheer Squad  
8.30pm Routine Dance **NEW**

### WEDNESDAY

7.00pm Ballet - Beginners **NEW**  
8.00pm Cheerdance **NEW**

### THURSDAY

7.00pm Tap - Improvers  
7.00pm Ballet - Improvers  
8.00pm Tap - Beginners

## 7 Week Courses

Courses are £42pp plus a one off £5 enrolment fee.  
10% off when you book 2 or more courses (T&Cs apply)

## Drop in

All classes £5.00 pay as you come Loyalty card  
stamps given, free class after every 4th paid class.

## Termly

Fees are paid in 6 instalments throughout the year,  
one per half term. Terms can be found at the studio  
or online at [www.godance.co.uk](http://www.godance.co.uk)

**PRIVATE LESSONS**  
For individuals or couples  
Enquire at reception.

For corporate events and parties,  
enquire for more information.

**STUDIO ROOMS TO LET.**  
Regular or one off hire.  
Enquire for more information.