

## **CONGRATULATIONS**

Well done to all our stars that performed at The Dance Mill Debut in September at the Victoria Theatre. The feedback from everyone has been excellent and we have already booked the Theatre again for next year. Saturday 20<sup>th</sup> October 2012.... put it in your diary.

## **PILATES CLASS**

If you are interested in Pilates please can you contact Peter via email or phone [peter@thedancemill.co.uk](mailto:peter@thedancemill.co.uk) Peter will be starting a new class in the next few weeks.

## **OPEN DAY 26<sup>TH</sup> NOVEMBER 2011**

The Dance Mill are holding an open day on Saturday 26<sup>th</sup> November 2011 from 13:00 to 17:00.

There will be various classes for all ages including – Zumbatomic – Street – Ballet – Modern – Tap – Musical Theatre – Break Dance – Flamenco – Rugger Ratz for the children and Zumba – Belly Dancing – Tap – Contemporary – Pilates plus much more for all ages. Free Hot and cold drinks will be available.



## **KEEP ON ZUMBA-ING !!**

It is now over a year since Toni and Peter started teaching Zumba Fitness Classes. In the last 12 months we have had some amazing stories of weight loss and increased fitness. 1 guy has lost over 4 stone doing 2 classes per week, many ladies have lost well over 2 stone and many dropped a couple of dress sizes.

The secret is that Zumba Fitness never gets boring as we constantly change around the different routines. Check out all our classes at [www.zumbahalifax.co.uk](http://www.zumbahalifax.co.uk)

## **NEW FLAMENCO CLASSES**

Running every Monday we now can offer Flamenco classes for children and adults.

Children 17:00 to 18:00

Adults 18:00 to 19:00

**Learn Castanets – clapping - flamenco dances and much more**