

## **LINE DANCING KEEPS YOUR MIND AND BODY HEALTHY AND IS A FUN EXERCISE FOR EVERYONE TO ENJOY!**

The classes at West Park are taken by L&B Linedancing (Lyn and Neil) who are well known instructors in the area with classes at Chaddesden Jubilee Club, Nunsfield House and St Mary's Church Hall, Barratt Street.

Classes are friendly and welcoming and suitable for beginners and improvers, just come along and try. We suggest you wear comfortable clothing and footwear and bring along a drink.

It's a good way to exercise your body and also your mind by remembering the steps and dances. Don't worry if you don't get it right at first, we all started as beginners and there is plenty of support. Everyone makes mistakes, even the most experienced dancers, but they call them "variations"

Line dancing has the added advantage of being a very fun and social form of exercise, allowing you to meet people and make new friends while exercising. It's suitable for all ages and for all members of the family, including children provided they attend with an adult

Another advantage of line dancing is that you don't need a dance partner. You could say that at a line dance you're dancing with everybody! So don't be concerned about coming on your own, you'll soon make friends.