



# Welcome to the Studio 7 Dance Group!

We are a new local dance group for keen dancers ages 16 and above, established to improve dance skill set, build confidence, enjoy fun exercise, but most importantly: to have fun!

Studio 7 is operated by Paul and Anna Potgieter.

Classes will be run weekly by Anna: an acclaimed Director of Music and Dance Choreography, and will consist of a high energy warm up that will also improve flexibility before learning fun choreography over the weeks from a wide range of dance styles to some of the most iconic music tracks from 70's, 80's, 90's we all know and love. . .

## Membership BENEFITS:

- Improve dance skill set
- Improve flexibility
- Boost confidence
- Calorie burning exercise
- Having fun socialising with others

Classes will be across a 5 week term costing £10 per session

*(Members are requested to pay for each term in advance. Any new members joining during the term period will be charged for the remaining number of sessions they attend. Our current maximum capacity is 30 members).*

## TERM DATES:

Mon 11 Nov - Taster Session FREE

Mon 18 Nov - Week 1

Mon 25 Nov - Week 2

Mon 2 Dec - Week 3

Mon 9 Dec - Week 4

Mon 16 Dec - Week 5 (End of Term)

\*More term dates for the new year are currently being decided upon.

**Class Time & Duration:** 19:00—20:30 (90mins)

**Class Location:** Townstall Community Hall, Davis Road, Dartmouth, TQ6 9LJ



**Dress Code:**

Lose, comfortable clothing that allows free movement of the body. Trainers or bare foot advisable.

**Parking:**

Parking is available at the Community Hall.

**Facilities:**

At the hall, there are toilets and storage room for bags outside of the dance floor space. Drinks are not provided, however there are facilities to refill water bottles.

We cannot take any responsibility for any lost property.

**Contact Details:**

*Email:* [info@studio7.dance](mailto:info@studio7.dance)

*Phone:* 07525 014343

If you would like to join us, please email us and we will book you in for the next available term session.