




Living Well North Tyneside

Supporting Health and Wellbeing

 **Cost:** £4

 **Type:** Face to Face

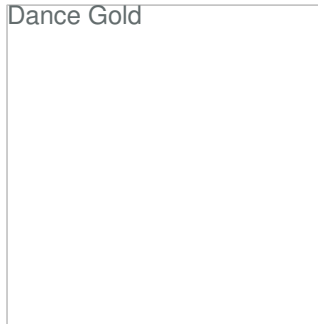
Medium impact group class with music and dance to get the heart pumping. Open to all ages and abilities

First class is FREE, then either £4per class or ten classes for £32



[dance](#) | [medium impact excercises](#)

Dance Gold



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