

LINE DANCING

more PHYSICAL, MENTAL & EMOTIONAL
WELL-BEING

(and a lot less YEE-HAW)
than you might think!

CLASSES

£4.00 per session

Monday evenings

8pm – 10pm

Newmarket XR3

**Exning Road Working Men's Club
Exning Road, Newmarket CB8 0AB**

Hopton Village Hall

Thelnetham Road

Hopton (near Diss)

IP22 2QY

Hopton Hoppers

Wednesday evenings

7.30pm – 9.30pm

For more information, contact: BWDA2000 Instructor, Heather Doggett

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NHS Live Well Choices says: "Line dances are choreographed dances performed in unison by a group of people in rows. Anybody can do it and the steps are easy to learn. From their first lesson, beginners can enjoy dancing to a whole range of line dance routines to all genres of music, including country, Irish, Latin and pop. You don't need a partner so it's great for meeting people."

The US Retirement Resource Guide says: "Those of us who are already line dancers know the benefits. It isn't simply getting some exercise... many find themselves becoming addicted to line dancing because they love the music, the confidence that grows from mastering a dance, the friendships that start to form and more... know that you're doing one of the best activities you can for total body wellness. Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity."