

# keep fit with ceili

FITNESS AND FUN THE IRISH WAY



## ADULT DANCE CLASS – CEILI IS THE NEW SALSA

THURSDAYS FROM 7:30PM – 8:30PM

ST TERESA'S SCHOOL, LONG ELMES, HARROW, HA3 6LE

 NO PREVIOUS EXPERIENCE REQUIRED

 BRING A BOTTLE OF WATER

 WEAR COMFORTABLE FOOTWEAR FOR EXERCISE

 £8 PER SESSION

 CONTACT DENISE ON 07984675481

DISCOUNT IF YOU BOOK 6 WEEKS



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KEEP FIT WITH CEILI

