

# It's back... *from September*



## CLASSES!

**WHERE:** DANCE FOR LIFE ACADEMY,  
141 GREEN WAY, Gleanagles  
GREENSIDE

**WHEN:** EVERY SATURDAY AT  
12:30 – 13:30PM

**PRICE:** R240 p.m (R70/session)

**WHAT TO WEAR:** COMFORTABLE CLOTHING AND  
COMFORTABLE SHOES WITH PLENTY  
OF CUSHION AND LATERAL SUPPORT  
(AEROBIC SHOES/CROSS TRAINERS/  
JAZZ SNEAKERS)

**WHAT TO BRING TO CLASS:** ENERGY, SMALL TOWEL AND  
LOTS OF WATER!

## SEE YOU THERE!!!

FOR MORE INFO Call: 084 563 2622 or E [info@danceforlife.co.za](mailto:info@danceforlife.co.za)