

Dance Exercise

This group is lead by Jill Craig and meets in The Catholic Church Hall on most Wednesday afternoons at 2pm.

Is it dance? Is it exercise? Is it what we'd all secretly love to try when we watch Strictly and Craig says "fabulous hips darling!"? Its all three!!! This group aims to enjoy the pure joy of Latin music and Latin dance moves, adapted to an exercise class format. Ideal for those who already love exercising to great music – but beginners, non-dancers, and those with two left feet are particularly welcome. Just bring a bottle of water, your sense of adventure and a willingness to have a go. We'll work on some basic steps from the likes of salsa, merengue, bachata, cha cha cha....then add some style as we go, and turn it into some fun dance exercise routines. There may even be a bit of tango or Charleston thrown in. You will always take it at your own pace so no pressure. You can either aim for your own personal calorie burn....or just enjoy the fun of dancing like we do when no-one's watching (safe in the knowledge that everyone else will be doing the same!)





Christmas Spectacular 2019

<https://settledistrictu3a.org/wp-content/uploads/2019/06/Dance-Exercise.mp4>

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DECEMBER 2018 – Bring on the Dancing Girls!

Wow! Did we have fun!! A small (but perfectly formed) demo squad from the 40 plus overall members of the Dance Exercise Group took to the stage at the Victoria Hall on 13 th December, when we closed the fantastic show that was the U3A Christmas Social. There was a bit of cumbia from Columbia, tango from Argentina, and a lot of fabulous final number audience participation in the shape of some superbly synchronised arm-waving and singing. The whole hall channelled their inner Enrique Iglesias and it rocked!

Thank you all so much!

But special thanks to our lovely demo members who swallowed their fears and gave it their brilliant all

Alyson, Caroline, Elaine, Jeanne, Joyce, Kath, Sheila and Wendy.

Enjoy looking at our photos (credit and thanks to Chris Chandler).

Janet – Group Leader





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