

Fun and Fitness



The Village Dances

An hour of simple exercises to keep us moving.

Simple Folk Dances and modern choreographies,
These dances help to heal mind and body.

All the dances will be taught according to the level of the group.

No experience is necessary.

Suitable for 15 years and above.

If you can walk, you can dance.

Come and join us in

The Memorial Hall, Presteigne
(Side Entrance)

Wednesday mornings at 10.00

Suggested donation of £2.00-£5.00 is invited

to cover the cost of the Hall.

For more info www.trinitysacreddance.com

Or contact Keith Armstrong - karmstrong909@gmail.com

Covid Restrictions apply.