

Creative
Expressions



Culture 2020 Dance Class

**Celebrate the Hertfordshire Year of Culture 2020
with Sam Quay, choreographer on
the BBC's Strictly Come Dancing.**



**Keep fit, tone those muscles, mobilise joints, use good posture,
balance and enjoy dancing to contemporary music!
7 week course aimed at those aged 50+ but everyone is welcome!**

Wednesday 26th February to 8th April 2020

4pm to 6.30pm

**(Including participation in our 'Arts Way of Life' celebration on
15th May 2020).**

Cost £10

**Being held at ASCEND, All Saints' Church, Gosforth Lane,
South Oxhey WD19 7AX.**



**Ring 0208 420 1364 for
further details and to book.**

