

DancerSize

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Day/Time: Wed 7:00-8:00
Duration: 8 weeks
Tutor: Cayisha Graham
Fee: €80

Course Description

Dancersize is a class designed to increase flexibility and fluidity of movement. It offers a great dance class workout with easy to follow steps and a highly sociable alternative to the gym. DancerSize is a great way to create a feel good factor and get a great workout at the same time. No experience is necessary and all levels are welcome.

Please wear loose fitting clothing and footwear suitable for exercise.

Enrolment Details

Courses will only be run if there are sufficient enrolment numbers. Course enrolment for a particular course may only be secured by full payment of course fee. Fees are strictly non-refundable unless the school decides not to run a course, in which case all fees will be refunded by post or directly to your credit card.

You can enrol online at www.adultedtiernans.ie, over the phone (086 7902260) or in person at one of our enrolment evenings.

Cheques should be made payable to St. Tiernan's Community School and should have your bank card number on the back.

The school and its management accept no responsibility for loss or damage to the property of students, including vehicles on the grounds.

