

# CDC DANCE

## NEWSLETTER



## Christmas Events!



Get your tickets NOW before they sell out  
[www.cdcdance.co.uk/shop](http://www.cdcdance.co.uk/shop)



Saturday 30<sup>th</sup> November

**Christmas  
Wreath Making  
Workshop**

at CDC Dance  
for parents!



Saturday 7<sup>th</sup> December

**Christmas  
Movie & Pizza  
Night**

Only £6 per ticket inc.  
Popcorn & Pizza!



The Friends of St Dunstan's PTA present  
**CHRISTMAS WREATH MAKING WORKSHOP**  
30TH NOVEMBER 2019 | CDC DANCE STUDIOS | 7.30PM

Beat the festive rush and join us at CDC Dance Studios (above Poundland on the High Street) to learn how to make your own Christmas wreath - all materials provided.

Have fun, make friends and pick up a new skill at the same time.

EVERYONE IS WELCOME!

Tickets: £25.00 per person

SPACES ARE LIMITED.  
Price includes all materials, mulled wine and mince pie. We are unable to sell alcohol at this event, but you are welcome to bring your own.

SAVE THE DATE!  
30TH NOVEMBER 2019

THE FRIENDS OF ST DUNSTAN'S PTA



# New Term - New Opportunities

## NEW CanDo Kids SEND Dance Classes

Launched... **Friday 8<sup>th</sup> November > 5:45-6:30pm**

Providing group exercise, dance fitness and performance opportunities for children with additional learning needs and disabilities

Massive thank you & well done to all those who joined us for the launch – can't wait to see the fun & progress we'll make over the coming weeks!

Get in touch to book a **FREE TASTER** -

<https://www.cdcdance.co.uk/cando-ahn-sen-dance>

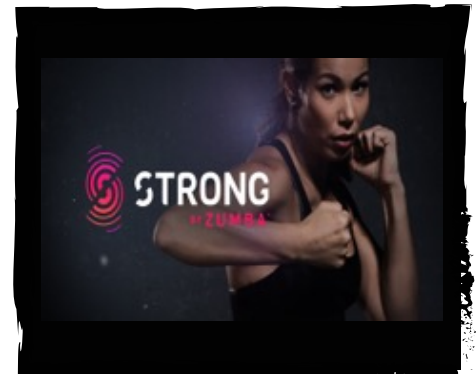


## NEW STRONG By Zumba®

Launching... **Monday 25<sup>th</sup> November > 7:15 – 8pm**

**STRONG By Zumba®** is like HIIT, but set to music – we train to the beat! The session combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music, designed to match every move.

Every squat, lunge and burpee are driven by the music, helping you make it to that last rep... maybe 5 more!



Don't delay – book your **FREE TASTER** now!

<https://www.cdcdance.co.uk/zumba-health-questionnaire>

## Pregnancy Pilates

Small group classes run by specialist womens health Chartered Physiotherapist

**Tuesdays 12.30 at CDC Dance, Kings Heath**

Ease body and mind, prepare yourself for birth and beyond

Call Physio Art on 0121 6873079 to book



Launching...

**Tuesday  
26<sup>th</sup>  
November**

## New Pilates Class!

At CDC Dance Studio, Kings Heath

**Tuesday 1.30pm**

Small group specialist Pilates Class run by chartered physiotherapist

🧘 Reduce back pain

😊 ease neck tension 😊 strengthen

core 😊 improve posture

Call 0121 6873079 to book

