

# DDMIX

Experience a new, fun, full body workout  
with a flavour of styles  
from all over the world

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*Arabic*      *Line Dancing*      *Irish*  
*Hand Jive*      *Disco*      *Bollywood*  
*Flamenco*      *Charleston*

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Created by **Darcey Bussell** and **Nathan Clarke**,  
with music exclusively designed to get you  
in the groove!

*"I really enjoy working out when I am fully distracted by the fun and the entertainment of the routine, great music and the camaraderie of a group class. This is the core philosophy behind DDMIX. I hope you'll join us!" - Darcey Bussell*

**DDMIX INSTRUCTOR - JULIE MCPARTLAND**

**TEENS CLASS (9-16 YEARS) 5.45-6.30**

**ADULTS CLASS 6.45-7.30PM**

**WEDNESDAY'S STANDON VILLAGE HALL**

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**NO TERMLY SIGN UP FEES!**  
**£5 PER WEEK**  
**PAY ON THE DOOR**