

# **DANCE EXERCISE**

**TO THE MUSIC OF THE**

**50s, 60s, 70s, 80s and 90s**

**If you were there you need to be here  
or be square.**

**Led by Steph. of Health for All**

**£4 per person per session.**

**2.30 – 3.30pm**

**Thursday**

**Starting on 9<sup>th</sup> January 2025**

**Headingley Methodist Church**

**Large Hall,**

**Chapel Street**

**LS6 3HJ**

**There will be tea/coffee and biscuits and time for a chat  
before or after the dancing.**

**Pay as you feel for this, but the dancing is £4.**