

FITSTEPS® FAB
FOR ALL BODIES



BEGINNERS CLASS - FRIDAYS @ 2PM
VIA ZOOM (Mtg ID 873-0529-2923)

£3 per week Pay-As-You-Dance

Sort code: 09-01-26

A/C: 09603155

Name: Sandra Edwards

Welcome to FitSteps, I'm really excited about this new venture into online fitness in the comfort of your own home. Please read and complete the ParQ form that is also attached to this email and return it to me before your first class by email or to my phone. If you cannot type directly onto the form then print it out and either scan or take a photo of it. If you have any questions regarding your ability to join in please get in touch with me.

FitSteps was created by Ian Waite and Natalie Lowe of 'Strictly Come Dancing' fame, together with ex 'Strictly' contestant and swimmer Mark Foster. Dances are based on ballroom and Latin steps and you don't need a partner.

As we go through the steps I will often give options of how to achieve them and you can choose whichever suits your needs and abilities. Please do take care, especially if you are new to fitness or have any reduced mobility or health conditions. I cannot be in the room with you, so it is your responsibility to ensure you keep within your own abilities and the space around you is clear and safe.

Ensure you stay hydrated, drink between dances and any time you feel you need to. If you feel light-headed or the need to take a break then do so, you know what is best for you. Exercise is about slowly building strength and stamina, and we will all be at different levels. Remember, this is a beginners class, do not push yourself beyond your limits.

I hope you enjoy the sessions,

Sandra
Your FitSteps Instructor