

*"I love the classes with Moving Together! They have really improved my stamina, strength, balance, and my overall well-being. It has been great making new like-minded friends and it just proves that dancing and moving keeps you fit!"*

Mary, Over 55s Participant



Come and join one of our fun and friendly classes running every Monday in Uppingham

Monday 2pm - 3pm  
Uppingham Town Hall, High Street East,  
Uppingham, Rutland, LE15 9PY

Classes are just £5 and your first session is free!  
Sessions start Monday 30th September 2019

For more information on this or any of our other classes around the East Midlands, feel free to contact us.

