Abstract Dance Studio

1552 Great Western Road

Glasgow G13 1HJ

(Next to Anniesland Train Station)

Mid Term Launch (All Listed classes free)

**Fun-N Run** - Educational fun games class with team building, listening & co-ordination skills. Colours, shapes, numbers and the alphabet will be used to help stimulate creativity. This class aims to build confidence and discipline. **(Mon-4-5pm)**

**Babytime– Mums– Newborn +** This class is for new mums to tone up safely and get back in shape with the added bonus of your baby being involved. Class consists of low exercise & relaxation methods for mum & baby.

(**Tue 10-11am)**

**Tod-A-Long 6m-3y -**Mother & Toddler class consisting of games relating to movement & co-ordination. Shapes, textures & colours will be used to stimulate ideas to create games which will include use of objects such as balls, blocks & cuddly toys. (**Tue 11-12pm)**

**Ballet Baby**- 2-4years- learn to be a beautiful Ballerina with your favourite doll joining in to. **(Wed-10-10.45am)**

**Baby Gym -Basic Gymnastics**- Involving backward & forward rolls, bridges, cartwheels & handstands. **(Wed-11-11.45am)**

**Paint-A-Long** - Creative dance movement art class involving drawing, painting and arts in crafts. **(Wed-4.30-5.30)**

**For more information on any other classes visit us on – www.flexdanceacademy.com**

**email – flexdance@ymail.com**