



**Keep fit and active with Moving Together!**

Take part in a fun and friendly class, with a variety of dance styles and activities suitable for a range of abilities - helping you feel energised and active!



MOVING  
**TOGETHER**  
CREATIVE DANCE COMPANY

**OVER 55s  
DANCE CLASSES**

Moving Together is a creative dance company which operates as a social enterprise. One of the main strands of our organisation is dance fitness classes for older people. We currently host 10 classes across the East Midlands, with 5 of these starting within the last couple of weeks due to the success of our longer standing classes.

I was just getting in touch because two of our new classes will be in Melton Mowbray and Uppingham, and I wondered if it would be possible to pass this information on to local residents. The classes are great fun, and an opportunity to keep fit while meeting likeminded people. **Melton Mowbray** classes run weekly on Mondays from 10:30am - 11:30am at the Samworth Centre in the centre of Melton. **Uppingham** classes run weekly on Mondays from 2-3pm at Uppingham Town Hall in the centre of Uppingham. They are £5 per session, and you pay on a weekly basis, so aren't paying for sessions when you can't make it. We also offer all new participants a FREE trial class, with no commitment to continue after this. The sessions are open to everyone, all abilities are welcome and we offer alternatives in our classes to cater for those less mobile. We also go out for a cup of tea afterwards, which creates a lovely atmosphere within our classes.