

Dinah J's



WORLD OF FITNESS AND DANCE LTD

ENGAGE EMPOWER ENHANCE SUCCEED

At Dinah J's World of Fitness and Dance Ltd our aim is to engage, empower, enhance and encourage the development of technical Dance skills, improve health and fitness by offering a range of dance and fitness classes & activities. Professional development, training, dance competitions and annual shows and performances are a key focus at Dinah J's. Inspiration, motivation and dedication is what we aim to deliver and achieve, call today to be a part of our aspiring and exciting dance and fitness academy.

Community / Partnership Classes

FRIDAYS:

5.00-6.00pm

Street Dance

VENUE:

Lea Road United Reformed Church, Lea Road,
Wolverhampton, WV3 0LW

Dinah J's Dance & Fitness Academy Classes

SATURDAYS:

10.00-11.00am

Zumba Fitness Class (Adults 16 years +)

11.15-12.00am

Ballet (Infants & Juniors)

12.00-1.00pm

Street Dance (Under 10's)

1.00-2.00pm

Street Dance (11-18 years)

2.00-3.00pm

Breakdance Class (10 years +)

3.00-4.00pm

'New' Contemporary Dance (Teens & Adults) **COMING SOON!**

Yoga (Adults) - **COMING SOON!** For all enquiries please call

VENUE:

Wolverhampton College Community Sports centre
Wellington Road, Bilston, Wolverhampton, WV14 6BT

Also Available:

Childrens Dance Parties: Tailor made dance themed dance parties available. You choose the theme we throw the party!

Private Dance Tuition: With our highly skilled and qualified dance specialists we can help you brush up your dance skills, prepare for auditions, shows and performances and develop technical skills and confidence.

Personal Training: To help you achieve your aims and goals, lose weight, lead a better lifestyle and improve fitness levels, with qualified trainers. For more information or to book a consultation please contact us.

Annual Dance shows, National & International Performances, Display teams, opportunities to enter and take part in dance competitions.

International Dance, Drama and Fitness Masterclasses and workshops.

International Community, Corporate Outreach Events and Educational Workshops.

International Group Fitness Classes.

Exclusive Dance clothes and footwear.

About Dinah J

Dinah J is a qualified international Choreographer/Dance Teacher, Professional Dancer, Personal Trainer and International BTS instructor & Fitness professional.

With over 10 years teaching experience within the dance and fitness industry she specialises in a wide range of dance styles and techniques and takes a unique approach to both dance and fitness to help you reach your goals. Dinah J also holds a degree in Dance choreography and business management and is certified to deliver Dance Leadership Awards.



city of
wolverhampton
college

FOR ALL GENERAL ENQUIRIES AND BOOKINGS

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ZUMBA
FITNESS