

Wellsway Sports Centre Hosts Celebrity Dancer!!

On Sunday 10th June, Strictly Come Dancing star Natalie Lowe visited Wellsway Sports Centre to hold a FitSteps Masterclass.

Sixty people attended the class, many of whom had never tried FitSteps before. The first hour was a technique workshop where Natalie helped improve posture and teach the basic steps of some of the ballroom and Latin dances.

The second hour was a Fitsteps class, where the participants were able to put into practice the technique taught previously and improve overall fitness.



The event was organised and ran by Fitsteps instructor Amy Vickery, seen left with Natalie.

"Having Natalie Lowe visit has energised me so much; I can't wait to get back to my Fitsteps classes to pass on the technique knowledge to help people maximise their workouts. The masterclass also proved that Fitsteps is suitable for all ages. The eldest participant was 81 and she did brilliantly."

Thank you so much to Natalie and Amy, but most of all to all who came along!