

ADULT CLASSES @

TELFORD ACADEMY OF PERFORMING ARTS

Adults Only

Yoga, Zumba, Dancercise, Adult Tap, Toning Class and StreetFit

Whether you are looking for weight loss or a social class with your friends or possibly a little bit of 'ME-Time', our Adult classes provide everything you need.

Zumba Fitness is a fun calorie burning class for all standards.

Yoga provides relaxation during a full body workout.

Dancercise covers all styles of dance giving opportunity to perform on stage.

Adult Tap for all standards in a fun and friendly atmosphere

Toning Class alternates circuit training and interval training.

StreetFit (NEW) perfect blend of edgy dance moves and intense fat-burning exercise.....



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