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**Are you eating your way through winter and hating the gym?
Ditch the treadmill and start having fun by dancing your way back into your bikini!**

Have you been over-indulging this winter, by eating lots of warm crusty bread with thick spreads of butter, hoeing into the hot chips, drinking hot chocolate like it's going out of fashion, or sinning with self-saucing pudding? If the answer is yes, ditch the treadmill and start having fun while getting fit, by signing up for **contemporary dance classes** with South Australia's leading dance company - **Leigh Warren & Dancers**.

Dance classes are the latest trend in fitness thanks to shows like "So You Think You Can Dance." They are fun, easy and social! What better way to slim down than by learning from the best - the classes' highly experienced instructors are real dancers from award-winning company Leigh Warren & Dancers!

The contemporary dance classes do not run in semesters and so can be joined at anytime throughout the year. Classes are offered at two levels; Wednesday night's Beginner Level (no previous experience necessary) and Tuesday night's Intermediate Level (students should have some previous experience in contemporary dance techniques). Classes start at 6:00pm and finish at 7:15pm.

"People with two left feet need not be scared of joining the beginner class as our instructors love having fun with their classes. We are more about teaching from experience to build on the individual's skill level. Our aim is to make sure our students are enjoying what they are doing," **said Pam Lee, General Manager, Leigh Warren & Dancers**

Classes are conducted at the company's spacious studio in the Lion Arts Centre (corner of Morphett Street and North Terrace, City).

You can opt for casual classes at just \$15 each or sign yourself up for a block of ten sessions at a discounted rate of \$120.

For further enquiries, call Leigh Warren & Dancers on 08 8212 5660.

***Issued for Leigh Warren & Dancers by Foster Hill PR.
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