

LASS – Supporting your Lifestyle Change

Signposting Permission forms for website

Area:-	Scottish Borders	Town:-	Duns
Activity:-	Adult Fitness Class	Name of activity:-	Highland Hustle with Eileen
Venue:-	Volunteer Hall, Langtongate, Duns, TD11 3AF	Day/Time:-	Wednesdays 6.30 pm
Contact information:-	Mobile no: 07773091775 Email: eileengrah@gmail.com Facebook: Highland Hustle with Eileen		
Cost:-	£4 per class	Gender:-	Both

Additional Information to be included

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Highland Hustle® is a unique Scottish dance based workout with a feel good factor and it is for an adult like you to come along to have fun and get fit. It is designed to get more people dancing, whether you have danced before or not in a fresh and innovative way.

Highland Hustle® aims to take away the barriers from preventing you taking part in a dance workout that is fun, healthy and challenging no matter your level. Think Scottish Highland Dancing, add to that the odd Ceilidh step set to funky high beat music, then you get the picture.

Accessible, with ranges from beginner to advanced. Two left feet....? It really doesn't matter. It is all about having fun. It is a funky new way to work out to some great tunes.

The innovative class structure allows participants to opt in at their own level. It builds gradually so you can find a pace that is right for you. Low impact or go for it with high intensity – your choice. Plus there's some exercises for toning your wobbly bits too. Its unique, fun and more to the point – it works.

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All information is to be signed as approved before inclusion on the LASS website for copyright purposes

Name of event organiser:-	Eileen Graham	Signed:-	Eileen Graham
Organisation:-	Highland Hustle with Eileen	Date:-	10/03/17
Lifestyle Adviser:-		Date:-	

