

# Fitsteps Takes off in Muirhouse Community Centre



David Lowe's Fitsteps

An easy to learn, fun to do dance/fitness class with a combination of the best known and most popular Latin and Ballroom dances taught in a line dance style so no partners are required.

The first night of Fitsteps attracted 31 women and 2 Male with 7 people phoning in their apologies. According to all concerned the first night proved to be a fantastic success. Photo shows David , his followers and his chosen helpers as instructor aides- Pauline Traverse & Moira Stone. Age group ranged from mid twenties to 80 years old.

The next fun night continues next Thursday 17th October at 6.30

If you would like to come along then phone David on 0785692533 to make sure there is a place for you.

Submitted by [Jim McGinty](#)

