



rscds  
Dance Scottish

# Fitness Fun and Friendship

Scottish country dancing



Get fitter

Reduce your  
stress levels

Boost your  
social life

- No partner necessary
- No special clothes – just soft shoes
- Lively music
- Inexpensive
- Classes near you







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Promoted by The Royal Scottish Country Dance Society. Registered Scottish Charity No SCO16085. [www.rscds.org](http://www.rscds.org)

