

Tasha Kathuria

DANCE & WELLBEING COACH

FITNESS COACH • PERSONAL TRAINER

CULTURE & INCLUSIVE COMMUNITY INSTRUCTOR

Move Together. Feel Better. Belong Always.

I bring people together through
movement, culture, and community.

Through dance, fitness and wellbeing, I help
you build confidence, improve health, uplift
your mood and connect with others in a fun,
supportive and inclusive space.

**EVERY BODY. EVERY AGE.
EVERY ABILITY.**

Everyone is Welcome Here.



FOR EVERYONE

Aged 5+ | All Abilities | All Backgrounds



Whether you're a complete beginner or experienced,
my classes are designed for all fitness levels and abilities.

SERVICES

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|  DANCE FITNESS CLASSES
Fun, energising and
suitable for all levels |  SCHOOL & YOUTH
WORKSHOPS
Engaging, fun and
educational |
|  BOLLYWOOD, BHANGRA
& GARBA WORKSHOPS
Celebrate culture through dance |  CARE HOME & SEN
INCLUSIVE ACTIVITIES
Accessible and meaningful |
|  PERSONAL TRAINING
& WELLBEING COACHING
Tailored support for your goals |  EVENT PERFORMANCES
& BESPOKE
CHOREOGRAPHY
Make your event memorable |
|  CHAIR-BASED &
LOW IMPACT EXERCISE
Safe, effective and inclusive |  COMMUNITY &
CULTURAL SESSIONS
Bringing people together |
|  PERFORMING ARTS COACH
Building confidence through
dance, drama & stage skills | |

Fitness. Culture. Belonging.

ABC DANCE

The Rhythm of Wellbeing

Movement • Culture • Belonging



Let's Move Together!

Get in touch to book a class,
workshop or event.

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The Rhythm of Wellbeing