

Shape up for summer with Dance Fusion

Dance Fusion classes are starting a new term in BG Dance Studios in Roscommon on Thursday, 22nd of April and in The Athlone Springs Hotel on Wednesday, 21st of April. All classes are suitable for adults of all ages and levels. Exercise doesn't have to be boring. You can dance your cares away while having a great time!

There are three different courses to choose from: Salsa Fit, Hip Hop Fit and Zumba Fitness. Each class consists of a warm-up, stretches, dance routines and a cool down. The Salsa Fit course offers a spicy hot, sexy, latino workout for all levels and ages.

Hip Hop fans will love the popular Hip Hop Fit classes. These fun-filled routines are suitable for all ages and will have you noticing a big improvement in your physique and your stamina after only a few weeks.



Zumba Fitness is a mix of saucy salsa, merengue, the lively jive, the cumbia, Hip Hop, bollywood/bellydancing and reggaeton.

Dance Fusion have developed fast-paced and fun-filled classes which promise to burn up to 700 calories in only one hour while toning the body without even noticing!

All our courses run for ten weeks and we offer a special recession busting Early Bird price of €90 per person if you book early. Places are very limited so book early to avoid disappointment. For more info on venues and times check out www.dancefusion.ie. Call (091) 867821 to book your place.

New thinking needed to tackle jobless figures – John Kelly

The live register figures for March which indicate a year-on-year increase of 66,000 make for grim reading. This is the tenth month in a row where we have had in excess of 400,000 people claiming jobseeker payments, according to Cllr. John Kelly, who this week asked, "Why is it that this government can go hell for leather when it comes to bailing out the banks, but are entirely bereft of ideas, energy and creativity when it comes to tackling unemployment?"

He continued: "The approach of standing back and hoping that an international recovery will eventually filter through to this country is simply no longer adequate in the face of forecasts that we could have another 60,000 or 70,000 on the Live Register before the end of the year.

"One in three young men in the labour force are out of work at present and in some parts of the country it is as many as one in two. We are again facing the terrible prospect of long-term unemployment that caused such social damage during the 1980s.

"Last month Labour proposed the establishment of a Strategic Investment Bank that would have the capacity to invest in SMEs and innovative companies and raise finance for appropriate infrastructure projects. Such a bank would play a vital role in that jobs strategy, securing existing jobs and creating new ones.

"Ireland needs investment in infrastructure like renewable energy and next-generation com-



munications networks. This will create the environment for a new wave of indigenous companies focused on the huge opportunities that will arise as a result of the expansion of digital technologies. Those companies must also have access to working capital and growth capital, and to a range of other supports. Providing finance for this new innovative economy will be the role of the SIB.

"Creating Jobs is the key to getting Ireland moving again. The Strategic Investment Bank is one of number of proposals that Labour is advancing as part of our Jobs Strategy. Labour's Jobs Fund would also provide other supports for firms, and would fund a major programme of training and work experience," concluded Cllr. Kelly.



FITNESS THROUGH DANCE

Athlone

Wednesday April 21st
The Athlone Springs Hotel,
Athlone

6.30-7.30 Salsa Fit
7.30-8.30 Zumba Fitness
8.30-9.30 Hip Hop Fit

€80 for gym members

Roscommon

Thursday April 22nd
BG Designs Dance Studio,
Racecourse rd.
Roscommon

6.30-7.30 Salsa Fit
7.30-8.30 Zumba Fitness
8.30-9.30 Hip Hop Fit

10 week course for €110

Early Bird **€20**
Book in advance & get
Discount

Tel: 091 867821

Email: info@dancefusion.ie

www.dancefusion.ie