



The Keep Fit Association registered teachers are highly qualified and insured to present creative movement and dance fitness classes based on the work of the renowned choreographer, Rudolf Laban, that are effective, safe and fun.

Laban Dance Fitness aims to improve all aspects of physical and overall well-being. Joining in group dance activities can also help your mental health.

By joining our long established association you get much more than your regular fitness class.

## JUST SOME OF THE BENEFITS OF BEING A KFA MEMBER..



- Automatic membership to your local and regional Keep Fit Association area
- Our national magazine 'Moving Together' delivered to your door, or as an e-copy, keeping you up to date with our national information and news
- Local and regional newsletters/magazines (depending on locality)
- Civil Liability cover of £10 million should you cause an accident in class
- Discounted entry fees for many Keep Fit Association events locally and regionally

### Opportunities to...



- Participate in or attend local/regional/national events, team demonstrations, displays and social get togethers
- Participate in/attend National Festivals/Competitions/Annual Get-Togethers and attend recreational health and fitness weekends at competitive prices (depending on locality)
- Participate in KFA Laban Dance Fitness classes across the United Kingdom, or classes of our partner organisation Medau subject to availability
- Access 100's of discounts with Howdens Benefits across a range of high street names
- Join the 100 Club with the chance of winning a cash prize each month
- Volunteer locally, regionally and nationally, using your skills to assist with the day to day running of the association and moving it forward.
- Train to teach adults, children or older adults

### Come to a class ...



- Many teachers offer a free first class so use 'find a class' on our website to locate your nearest class.

Annual Membership fee is just £23 (online) up to 31 October 2023 £25 (online) from 1 November 2023.

### To Join

Contact KFA for information on discounted fees.

Email: [kfa@emduk.org](mailto:kfa@emduk.org) Tel: 01403 266000

Download your form from <http://www.keepfit.org.uk/membership/>

Speak to your Local Teacher