

# streetzahead

Streetz Ahead  
1 Moira Close, London N17 6HZ  
[info@streetzahead.org](mailto:info@streetzahead.org) [www.streetzahead.org](http://www.streetzahead.org)



**Dear Headteacher,**

We're excited to share that **Streetz Ahead is launching Streetz Fit** – a brand-new dance, fitness and mental health experience powered by **silent disco headphones**.

Imagine the energy of music, movement, and fresh air, all in one session that boosts wellbeing for both staff and pupils and no need to worry about available halls or heavy equipment, this can be led outside too!

Led by our experienced instructors, Streetz Fit blends walking, easy exercises, and dance moves – accessible for everyone, from complete beginners to fitness fans. Exercising together with music doesn't just build fitness – it sparks dopamine release, the brain's natural "feel-good" chemical, proven to lift mood, motivation, and resilience.

We'd love to bring Streetz Fit to your school. Here's how:

- 🌟 **30-Minute Staff Wellbeing Sessions**  
After school, to relax and recharge. Can be subsidised by school or paid directly by staff.
- 🏃 **In-School Pupil Fitness Sessions**  
Fun, inclusive PE activities or targeted small groups (perfect for pupils who struggle with focus, engagement, or confidence).
- 🎉 **School Discos & Fundraising Events**  
Silent disco sessions with music, dance, and fun – no big equipment needed!

## **Pricing:**

- £60 per hour during school time
- £5 per pupil/staff member for after-school clubs
- £200 per hour for discos (up to 30 children)

If you'd like a **free selection of tasters**, we can come and offer you an in-school PE session, followed by an after-school club for either children or staff. Just let us know when you're free by emailing us. As this is a brand-new programme, we're offering

tasters to our schools on a first-come-first-served basis, with limited slots available until our resources grow.

