

ZUMBA'S HERE!

at
THE HEIGHTS
LEISURE CENTRE

ZUMBA FITNESS COMES TO THE HEIGHTS

IT'S SPREAD AROUND THE WORLD LIKE
WILD-FIRE — NOW AT THE HEIGHTS

Hypnotic Latin rhythms and easy-to-follow
moves create a fitness programme that will
blow you away. An exciting session of
calorie-burning, energising movements!



What's the cost?

£4.30 per class

FREE if you have a One Card

(terms and conditions apply)

WHEN ARE THE CLASSES?

Mon	6pm to 7pm	Lyssa
Tue	11.15am to 12.15pm (from 27 April)	Julie
Wed	7.30 to 8.30pm	Lewis
Fri	12.15 to 1.15pm 6.30 to 7.30pm	Lyssa Julie
Sat	10 to 11am	Lewis

BOOK NOW!

