

ZUMBA'S HERE!

at
THE HEIGHTS
LEISURE CENTRE

ZUMBA FITNESS COMES TO THE HEIGHTS

IT'S SPREAD AROUND THE WORLD LIKE
WILD-FIRE AND IT'S COMING TO 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!



WHEN ARE THE CLASSES?

FROM MONDAY 4 JANUARY 2010

Monday	6 to 7pm
Tuesday	10.15 to 11.15am
Wednesday	7.30 to 8.30pm
Friday	6.30 to 7.30pm

£4.20 per class

FREE if you have a One Card

(terms and conditions apply)

BOOK NOW!