



Zumba and Nutrition

WEA

Date

Friday 27th April
- to -
Fridays 10th August
(15 Wks)
12:15pm – 2:45pm

Chapel Park Community Centre
St Leonards Baptist Church
Chapel Park Road
St Leonards-on-Sea
TN37 6HR

Fee

FREE on qualifying benefits

To enrol contact

Ann (Manager)
01424 714095

Think exercise is boring, hard work and no fun.... Think again!

Zumba is Latin American dancing it's great for getting fit, feeling energised and more importantly, having fun!

The class will cover a variety of different styles and steps but don't worry if you've not done it before; our expert teacher will show you how!

As well as this, you will learn about good nutrition to help improve your wellbeing.

Please wear loose clothing (no jeans)
and trainers

This is a women only group
All ages welcome

