

**And finally we are back! can't wait
to bring Zumba classes to our
community again**



**Zumba Gold on Thursdays 11:00 am
Crown church upper hall, PAYG £7
Booking and enquiries 07521664896**

**Starting 1st
of Sept!** 🎉

**Come and try Zumba with Carolina
Henderson with over 10 year teaching
amazing people to have fun, let loose
and laugh with joy**



**The Zumba® program is a
Latin-inspired, dance-fitness class
that incorporates Latin and
international music and dance
movements, creating a dynamic,
exciting, exhilarating, and effective
fitness system for all abilities**

