



# Zumba for Beginners

**Date**

Friday 19<sup>th</sup> January  
- to -  
Fridays 30<sup>th</sup> March  
(10 Wks)  
12:30pm – 2:30pm

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

**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!

Please wear loose clothing (no jeans)  
and trainers

This is a women only group  
All ages welcome

