



**ZUMBA<sup>®</sup>**  
fitness

**New Style Zumba Fitness Class**

**Every Tuesday 6.30-7.30pm Oake Village Hall**

**Come and enjoy the music, have fun and work to your own level - you choose.**

**Guaranteed to put a smile on your face!**

**New people always welcome, as well as those who have been before. Give it another Go! Constantly evolving friendly class. Bring your friends.**

**45 mins Zumba, 10 mins Stretching and 5 mins Relaxation**

**Please bring yoga style mat or large towel.**

**Zumba will get you up and moving!**



**Relaxation** will leave you feeling calm and chilled.

**ALL WELCOME**

For more details please phone Jackie on 07949735139 or email

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