



ZUMBA[®]
FITNESS

FREE CLASS!

When? Tuesday 10th January: 6.45-7.45pm

Where? Charsfield Village Hall

No need to book! Suitable for **ALL** fitness levels

Just turn up with water, comfy clothes and get ready to get fit and have some fun!

Will continue **every Tuesday** thereafter @ only £4/class

(not 24th January)

For further info: zumba_with_yvonne@yahoo.com