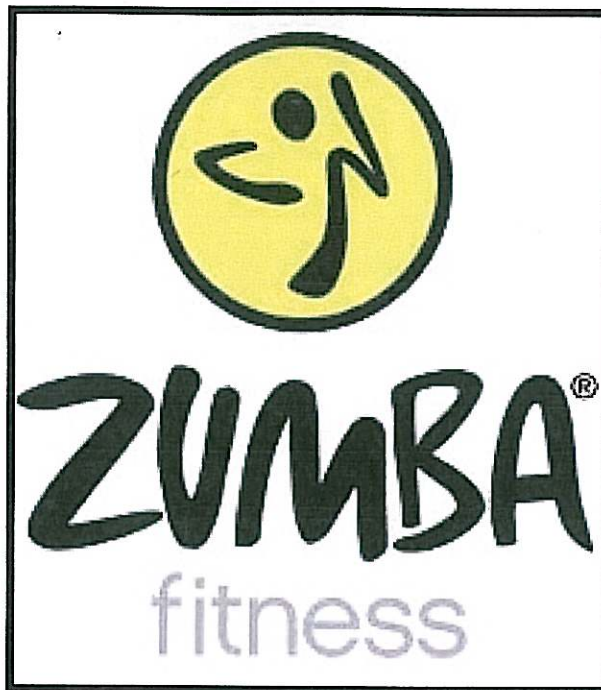




Zumba
is a fun,
exhilarating,
effective,
easy to follow,
calorie-burning,
dance fitness
party.



Motivating
Latin music
& rhythms.

Join the party !

All welcome.



MONDAY 7 - 8pm

Beccles Sports Centre, Ringsfield Rd, Beccles. £4.50

WEDNESDAY 7 - 8pm

Hobart High School Sports Hall, Loddon. £4.50

THURSDAY 10 - 11am

Haddiscoe Village Hall During school term time only
£4 or for £5 stay until 11.30 for some toning and relaxation.



Please call Caroline for details about this
and her other exercise classes in Beccles & Loddon.
tel. 07879 471609 email: caroline.yardy@virgin.net