



ZUMBA[®]

FITNESS

ZUMBA is a Latin inspired dance-fitness class. It's an all over body work out, that's a unique blend of calorie burning and muscle toning exercises.

ZUMBA is all about getting into shape and having fun. It's exhilarating, effective, and easy to follow; a fitness class like no other.

Whether you're looking to get fit or you simply want to try something new and have fun, then ZUMBA is for you!!

MONDAYS

Starting 19th September

10:00am - 11:00am



THE CIVIC CENTRE
CHURCH ROAD
COLERIDGE DRIVE
PERTON
WOLVERHAMPTON
WV6 7PD



1st SESSION HALF PRICE AT JUST £2

Classes are £4 per session. Please wear loose comfortable clothing, sensible footwear and bring a soft drink. Why not grab your friends to join in the party?

Any queries, please contact fully qualified ZUMBA instructors:



AMY MARSHALL

07740366419

or

JESS HUXLEY

07515901995

ALM FITNESS
Your Journey Your Fitness

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