

# **ZUMBA<sup>®</sup> Kids** FITNESS



**It's not a dance class, it's a Dance Party!**

**So Bring your Friends! Learn to MOVE and Groove!**

**It's 45 minutes of fun! Learn how to do basic steps, dance choreography and have lots of fun. It's for Boys and Girls and no dance experience needed. Helps develop healthy lifestyle habits as well as leadership, respect and confidence. For ages 7+.**

**Join me on Fridays at 5.30pm at St Augustine's Church Hall, Albert Road, cost £3.00.**

**If you need any further information please call Fiona on 07878015018. I am a qualified PE teacher, Aerobics and Zumba Instructor.**