

 **ZUMBA**
for Mum's and Bubs
Only \$3! 



Join our Get Active Program

- Zumba is a fun dance exercise class
- It uses music and easy dance moves
- You do not need dance experience
- Zumba helps fitness, balance and coordination
- Your children are welcome!

Zumba for Mums and Bubs

8 week program!

Dates: Thursdays from the 23rd of July

Time: 12:30pm - 1:30pm

Place: Chigwell Barn, 8 Bucaan St, Chigwell

Wear: Comfortable shoes for exercise

Bring: A water bottle and a smile! 

