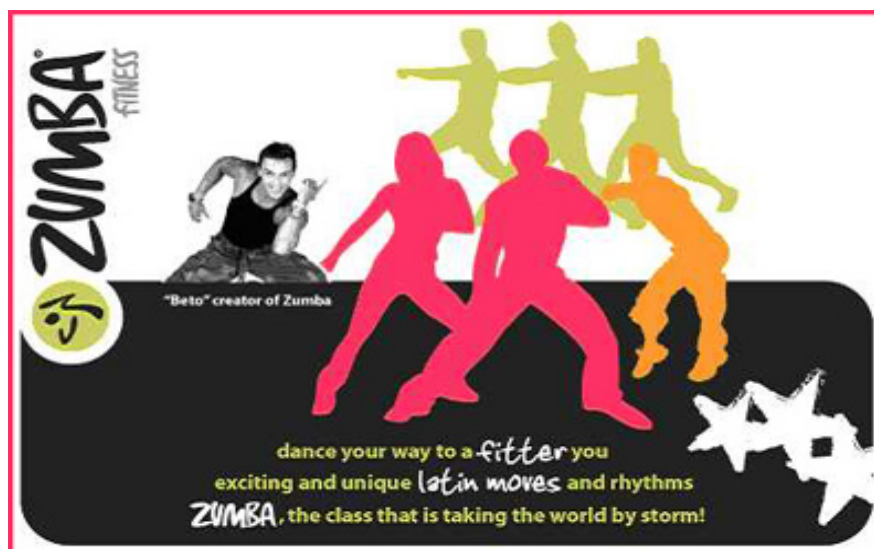


ZUMBA

at Rosemary Conley Diet & Fitness Clubs



ZUMBA comes to Bebington.....

EVERYONE IS WELCOME, MEMBERS, NON MEMBERS, FRIENDS, FAMILY, THE MORE THE MERRIER (MUST BE 16 THOUGH)

Don't know what it is? Well, it's a fusion of hypnotic Latin rhythms and easy to follow moves which create a one-of-a-kind fitness class that will blow you away! The goal is simple: We want you to enjoy working out, have fun and get fit whilst you are at it. You can achieve long term benefits whilst experiencing an absolute blast in a class of calorie burning and energizing movements.

The ZUMBA routines feature interval training sessions where fast and slow rhythms and body resistance training are combined to tone and sculpt your body whilst burning fat, add some Latin flavour and international zest and you've got a ZUMBA class!

Where? Bebington High Sports College, Higher Bebington Road,

When? Starts Wednesday 15th September @ 8pm prompt!

Please arrive at 7.50pm on first attending to complete health screening form.

How much? Just £3.60 for 45 minutes exercise

Premier Members Free

IMPORTANT: This is an 'EXERCISE ONLY' class, no diet advice or talk is given.

ALSO AT.....

Where? Whitby High School, Overpool Road entrance, Whitby, **When?** Currently running on Thursdays at 6.15pm

How Much? £5.60 for complete class or £3.60 for exercise only or Premier Members Free

IMPORTANT: This is a 'DIET & EXERCISE' class, for exercise only though, please arrive at 6.30pm first time. Exercise starts at 7pm

Contact Yvonne to book your place. 07961 526550