



Ditch the routine,  
Join the party!



## Zumba Classes

Start September 6<sup>th</sup>

Monday morning  
10.30am to 11.30am

Monday evening  
8.30pm to 9.30pm

Friday evening  
7.30pm to 8.30pm

Members £2  
Centre Members £2  
Non Members £5

Zumba combines high energy and motivating music with unique moves and combination's that allow Zumba participants to dance away their worries. It is based on a principle that a workout should be "FUN AND EASY TO DO". Zumba is a "feel-happy" workout that is great for both the body and the mind.  
Zumba is a fusion of Latin and International music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that maximize caloric output, fat burning and total body toning.



DC LEISURE  
Developing Community Leisure



Facilities managed by DC Leisure in partnership with Kingston Council