

Making Fitness Fun!



Communities First Cymunedau Yn Gyntaf

Zumba Uses Steps From All Styles Of Latin Dance And Caters
For People of All Fitness Levels

Starting Monday 2nd November

& Every Monday Until 14th December 2009

1.30-2.30pm

In St. Peter & St. Pauls Church Hall, Cimla

Cost: £2/Session

Sessions Are Run By A Fully Qualified Tutor

Sensible Footwear Such As Trainers Are Recommended



Cimla Communities First • 01639 860163