



**PARTY**  
YOURSELF  
INTO **SHAPE.**

Feel the Music and Let Loose.



***Get fit and have fun! Let's ZUMBA!***



A Latin-inspired dance fitness program with world rhythms



Easy to follow dance moves – anyone can do them!



Effective interval training with fast and slow rhythms



All fitness levels and abilities – everyone welcome!



Tone whilst burning fat = maximum results



3 simple steps:

1: Wear a smile!

2: Bring a party attitude!

3: Dance like no-one is watching!



### **Classes:**

**Tuesdays 7.30pm - 8.30pm at Millbrook School  
Mill End Lane, High Wycombe, HP12 4BA**

**Thursdays 6.45pm - 7.45pm at SportsAble  
Braywick Road, Maidenhead, SL6 1BN**

**For more information:**

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