



ZUMBA®

FITNESS

'ZUMBA' is a Latin inspired dance fitness workout suitable for people of all ages & fitness levels.

MONDAYS and WEDNESDAYS

**ASHCROFT HIGH SCHOOL,
CRAWLEY GREEN ROAD STOPSLEY, LUTON, LU2 9AG**

TUESDAYS

**CARDINAL NEWMAN CATHOLIC SCHOOL
WARDEN HILL ROAD, LUTON, LU2 7AE**

WEDNESDAYS

**KINGS HOUGHTON MIDDLE SCHOOL
PARKSIDE DRIVE, HOUGHTON REGIS, LU5 5PX**

THURSDAYS

**MILL VALE MIDDLE SCHOOL
WILBURY DRIVE, DUNSTABLE, LU5 4QP**

**5 CLASSES WITH 5 FULLY QUALIFIED
INSTUCTORS TO CHOOSE FROM**

ALL CLASSES 7.30PM until 8.30PM

**FREE PARKING
£5 PER CLASS**

**YOU ARE ADVISED TO WEAR LOOSE CLOTHING
TRAINERS AND BRING A DRINK**

Phone: 0797 464 4234