



New to FWT for 2012

Zumba Gold

Free Classes

Every Friday 1.00pm – 2.00pm

From January to March 2012



**ZUMBA
GOLD**

A friendly and fun dance-inspired fitness class to zesty Latin music.

Zumba Gold modifies traditional Zumba dance moves to suit the needs of the active participants or beginners.

**Get fit and tone up!
All women welcome...**

For booking information please call FWT
on 024 7663 7693 or email office@fwt.org.uk

