

GET FIT FOR FREE!

Want to start putting exercise into your lifestyle?
Never exercised? Limited mobility?
Recently given birth?
Returning to exercise after an injury?
Want to HAVE FUN?!

Throughout January 2017 all of our ZUMBA® GOLD and ZUMBA® GOLD TONING classes are **FREE FOR EVERYONE!**

Come and join us on the following days and times for FREE this January in our brand new studios at the **THAMESIDE THEATRE!**

Monday - 5.30pm | Tuesday - 11am
Thursday - 5.15pm | Friday - 2pm

PARTY ON!™

The lower impact, easy-to-follow,
Latin-inspired dance fitness-party™
that keeps you in the groove of life.



Zumba Gold® is perfect for adults who are looking for a modified Zumba® class that recreates the original moves at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

**For more information give us a call on 01375 386247
or email info@cbacademy.co.uk**