



If you like the idea of a fitness class that feels more like a night out than a workout you'll **LOVE** Clubbercise®

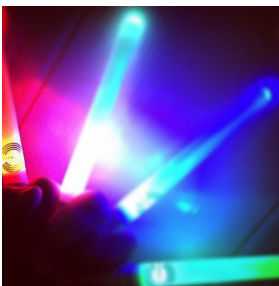
Fun, easy-to-follow dance fitness routines to club anthems from 90's classics to the latest chart hits.

Taught in the darkened large hall at Snodland with disco lights & Clubbercise LED Glow sticks, I will give high and low impact options to the routines which is why Clubbercise is a great choice if you're just starting out on a fitness regime or you love to hit it hard.

Classes held **every Wednesdays 6:30-7:15pm**

To book your place, you need to pre-pay £5 online

at [www.bookwhen.com/clubbercisewithAndrea](http://www.bookwhen.com/clubbercisewithAndrea)



Online booking finishes 2:30pm every Wednesday for that night. If spaces are available you will be able to pay on the door £6

You need \*official\* Clubbercise 'C' Glow Sticks to take part in class. These can be bought at class the first time you come for £3 (RRP £5) — they are LED reusable & last a long time.

### IMPORTANT:

- You must be 18 or over to take part.
- Please arrive 10 minutes early to check in.
- Remember to print off & bring the health form with you, which you will find on my booking site.
- Don't forget to wear exercise clothes, trainers & bring water.
- Unfortunately, THIS CLASS IS NOT SUITABLE FOR PEOPLE WHO HAVE EPILEPSY, ARE PHOTOSENSITIVE, DISLIKE STROBE LIGHTING, OR ARE PREGNANT/HAD A BABY LESS THAN 9 WEEKS AGO (12 WEEKS IF A CAESAREAN BIRTH).

To keep up to date with all things Clubbercise, please like my Facebook page: *Clubbercise & Zumba Snodland with Andrea*

