

# Zumba with Heidi

**What?** Zumba is an easy to follow Latin and internationally inspired dance fitness workout for all fitness levels.

Everyone is welcome.

**When?** Every Monday at 6.45 pm and Wednesday at 6.30 pm in the Main Hall.

**Cost?** £6 per session

For more details, get in touch with Heidi by :

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- \* **Facebook — Snodland Zumba with Heidi**

