

Adults of all ages and abilities welcome

Free Zumba class

Party yourself
into shape!

Tuesday
14th February

1 – 1.45pm

Westgate Leisure
Chichester

Book Now!

Zumba can...

- Reduce your risk of coronary heart disease
- Help keep your heart healthy
- Help you sleep better
- Help reduce stress
- Reduce blood pressure
- Reduce your risk of diabetes
- Help to manage your weight
- Introduce you to new people & friends

Wear red!

In aid of
British
Heart Foundation
as part of
National Heart Month



For more information or to book a place please contact
Claire on **01243 534589** or email **cholding@chichester.gov.uk**