

New Year, New You!

All New Dance & Fitness Classes

At the Fantastic Bay Sports Arena



Starts January 16th

MON	Zumba Calorie Burner	8.00pm - 9.00pm	Elle
TUES	Calorie Burner Circuits	8.30pm - 9.30pm	Sean
WED	Zumba Calorie Burner	8.00pm - 9.00pm	Kelly
THURS	Calorie Burner Circuits	8.30pm - 9.30pm	Lucy

BEGINNERS WELCOME!

**Have Big Fun and Burn Those Calories
in a Big Way in a Big Arena**

No More Butts - No Need to Book - See You There!

Directions: The Bay Sports Arena is at Herne Bay High School,
Bullockstone Road, CT6 7NS Phone: (01227) 366921



ACTIVE LIFE PUTTING LIFE IN YOUR DAY AND DAYS ON YOUR LIFE