



ZUMBA[®]

Low Impact Zumba

gold

FREE Taster Session

Friday 7th October

**at Hester's Way Resource Centre, Cassin Drive,
Cheltenham, GL51 7SU**

**Come and hear Ann's interesting stories of
Birmingham in the 70s and 80s from 2pm**

**Zumba Gold taster at 2.45pm to start at
3pm (Cakes and discussion afterwards!)**

No need to book just come along!



world jungle

**Please call Sheryl on 01452 420929,
e mail Sheryl.Walpole@ageukgloucestershire.org.uk
or Liz@gopa.org.uk for more info**



fit as a fiddle is a programme run by Age UK and funded by
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www.ageuk.org.uk www.fitasafiddle.org.uk

