

FITJOY KIDS

CHRISTMAS

PARTY

Dance Fitness

2nd & 9th December £10

Lavant Primary School 3.15-4pm

Zumba, fun games & team games,

Dances from a wide range of music styles

Fun party games

Games using props such as parachute,
instruments, scraps/ribbons

***** All ages welcome*****

You don't need to be able to
dance to join.

It's a fun dance fitness class to
encourage confidence,
rhythm & fitness.

Festive songs expected



Booking required - Limited Spaces.

www.fitjoy.co.uk or call Natalie 07738 249612

