

LASS – Supporting your Lifestyle Change
Signposting Permission forms for website

Area:-	Eildon	Town:-	Galashiels
Activity:-	Zumba	Name of activity:-	Zumba
Venue:-	Trinity Church, Galashiels	Day/Time:-	Monday 10.00 – 11.00 am
Contact information:-	denise@fitborders.co.uk Tel: 07713 357450		
Cost:-	£5.00	Gender:-	All welcome

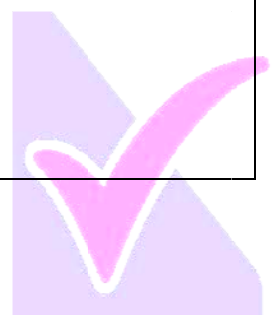
Additional Information to be included

Zumba is an easy to follow programme for anyone of any age featuring dances such as Cumbia, Merengue, flamenco, tango and belly dancing.

Zumba strives to improve balance, strength, flexibility and most importantly the heart.



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All information is to be signed as approved before inclusion on the LASS website for copyright purposes

Name of event organiser:-		Signed:-	
Organisation:-		Date:-	
Lifestyle Adviser:-		Date:-	

