

LASS – Supporting your Lifestyle Change
Signposting Permission forms for website

Area:-	Cheviot	Town:-	Kelso
Activity:-	Zumba	Name of activity:-	Zumba Zumba Gold
Venue:-	Zumba = Royal British Leigon Zumba Gold = North Parish Church	Day/Time:-	Zumba = Mon 6.30 – 7.30 pm Gold = Mon 2.00 – 3.00 pm
Contact information:-	denise@fitborders.co.uk Tel: 07713 257450		
Cost:-	£5.00	Gender:-	Open to all

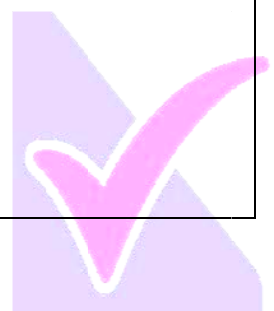
Additional Information to be included

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:-	
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Organisation:-		Date:-	
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Lifestyle Adviser:-		Date:-	
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