

LASS – Supporting your Lifestyle Change
Signposting Permission forms for website

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| Area:- | Cheviot | Town:- | Jedburgh |
| Activity:- | Zumba | Name of activity:- | Zumba |
| Venue:- | Kenmore Hall, Jedburgh | Day/Time:- | Monday 6.00 – 7.00 pm |
| Contact information:- | denise@fitborders.co.uk Tel: 07713 357450 | | |
| Cost:- | £5.00 | Gender:- | All welcome |

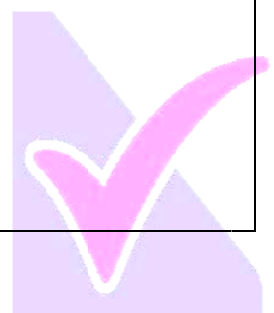
Additional Information to be included

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

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