

**LASS – Supporting your Lifestyle Change**  
**Signposting Permission forms for website**

Area:-	Eildon	Town:-	Bowden
Activity:-	Zumba	Name of activity:-	Zumba
Venue:-	Bowden Village Hall	Day/Time:-	Monday 6.00 – 7.00 pm
Contact information:-	<a href="mailto:gemma@fitborders.co.uk">gemma@fitborders.co.uk</a> Mobile:- 07720 562356		
Cost:-	£5.00	Gender:-	All Welcome

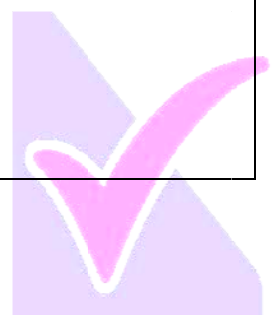
**Additional Information to be included**

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:-	

