

LASS – Supporting your Lifestyle Change

Signposting Permission forms for website

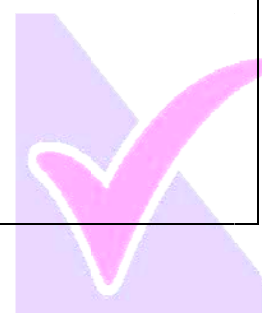
Area:-	Cardiovascular fitness	Town:-	Melrose
Activity:-	Zumba with Angie	Name of activity:-	Zumba
Venue:-	Borders District General Chaplaincy	Day/Time:-	Mon/Fri @ 5.15
Contact information:-	Angela Neill : 07469201272		
Cost:-	£4	Gender:-	M&F

Additional Information to be included

Zumba combines Latin and International music with a fun and effective workout system. With **classes** and instructors worldwide, anyone can **Join the Party!**

Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included

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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:-	