

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

Area:-	Berwickshire	Town:-	Gordon
Activity:-	Zumba	Name of activity:-	Zumba
Venue:-	Gordon Village Hall	Day/Time:-	Wednesday 7.00 pm – 8.00 pm
Contact information:-	<a href="mailto:val@fitborders.co.uk">val@fitborders.co.uk</a> Mobile 07842 069760		
Cost:-	£5.00	Gender:-	Open to all

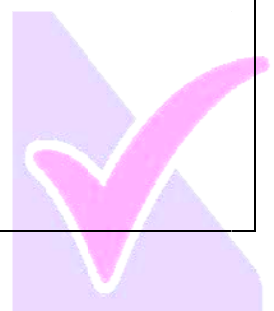
**Additional Information to be included**

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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