

# PARTY YOURSELF INTO SHAPE.™

The Latin-inspired, easy-to-follow,  
calorie-burning, dance fitness-party™.  
Feel the music and let loose.



## FOR CLASS DETAILS

CONTACT YOUR LICENSED ZUMBA INSTRUCTOR:

**Clare Stewart**

**07882256417**

**clare\_l\_stewart@hotmail.com**

JOIN THE  
**party**™

Temple Centre, Nuthall, NG16 1DP  
Monday 8.15-9.00pm

LivingWell, Hilton East Midlands Airport  
Junctiion 24 M1 DE74 2YW  
Tuesdays 6.00-6.45pm  
Saturday 9.30-10.15am

Come and join in the fitness part, meet new people, get sweaty and have a laugh. You dont have to be fit or good at dancing to enjoy this class. i have been working in the fitness injury for over 10 years as a personal trainer and sports therapists so if you have any injury concerns or any questions please give me a call i will happly answer your questions. i look forward to seeing you at my next class.



**zumba.com**