



Get active with SELVis, in partnership with Illuminate Freedom.

Join us for 6 weeks of Zumba classes!

Wednesday 8th February 2017. Every Wednesday until 15th March.

Time: 4pm to 5.30pm

Where: The Bridge Leisure centre, Kangley Bridge Road, Lower Sydenham, SE26 5AQ

Nearest train station is Lower Sydenham. Buses that stop nearby are: 194, 202 and 450. Please contact us to arrange a meeting point.

Blind Zumba is Illuminate Freedom's audio-described, Latin-inspired, exhilarating dance workout. Lose weight, tone your muscles, get fitter and have plenty of fun.

These free classes are for men and women with sight loss of all ages and abilities. Suitable for those requiring gentle or seated exercise.

Please wear trainers and comfortable clothing

**** Please contact us to complete the registration form to attend Zumba.**

For further details and to register your place please contact Jessica Beal on 07866 926668 / 0203 815 3660. Jessica.Beal@selvis.org.uk