

# Salsa Fitness

**FREE class**  
**FREE creché**  
(available if required)



Looking for an exciting way to get fit and burn off those excess pounds? With a Salsa Fitness class you learn sexy salsa dance moves to latin rhythms and dance yourself to increased fitness.

Salsa fit is a great way to improve your general health. Combining cardiovascular workout with muscle strengthening moves, it's especially good for increased stamina and improved flexibility as well as a fabulous way to tighten and tone your body.

Have fun and get fit! Sexy salsa dance moves! Stay healthy!

Swindon Academy, Beech Avenue  
Tuesdays 1.30-2.30pm  
Starts 25th January

*Let's start a fitness revolution in Swindon!  
Learn yourself - and pass it on*

To register for this class please fill in this slip and hand in to main reception or to your child's class teacher.

Adult name .....

Child's Name ..... Child's Class .....

Contact Number .....

E-mail address .....