

nudge makes fitness fun!

Thursday 7:00pm - 7:50pm



ZUMBA[®]
fitness

"Ditch the workout, join the party!"

"It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness"

St. Aidan's Church Hall
Manchester Road, Sudden
Rochdale. OL11 3EL

£4 per class
FREE classes for block payments

For all ages and fitness abilities, no experience needed, total beginners welcome

For more information contact Laura Nugent on
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or visit www.facebook.com/nudgefit

nudge
towards a healthier you

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