



Sheffield Mind and Body Project



Starts: Tuesday 1st November 2011 for 8 weeks

Time: 10.00am – 11.00am

Venue: Firth Park Clock Tower,

Firth Park Road, S5 6WS

Cost: £3.00 per session FREE crèche available

If you can't afford the cost, don't worry – it's only a suggested donation. We collect money in a collection tin which is confidential.

**To book a place on any of the groups above, please contact Dawn on
T: 0114 2584489 or email: dawn@sheffieldmind.co.uk**

The Zumba® Gold Fitness program is second to none. It is an innovative, fun and exciting program. This program is designed for the true beginner, and/or people who are not used to exercising, or people who may be limited physically.

The main difference between Zumba Gold and Zumba Basic is Zumba Gold is done at a lower intensity, not as fast, but certainly just as much fun. The same great Latin styles of music and dance are used.

Sheffield Mind



For better
mental health

Sheffield Mind
57 Wostenholm Road
Sheffield, S7 1LE



LOTTERY FUNDED