



Party into Shape

ZUMBA® is great for the mind, body and soul!

ZUMBA® is fun and easy.

ZUMBA® is intended for everyone, from beginners to advanced.

Everyone is welcome ZUMBA® class!

ZUMBA® is a dynamic, exciting & effective fitness system.

ZUMBA® is designed to tone the entire body from top to bottom, via cardio-based workout with sculpting exercises.

ZUMBA® uses unique upbeat ZUMBA® Latin inspired international music and dance steps.

***** Burton Manor Sports Association – Martial Arts Centre, Hyde Lea Bank, Stafford ST18 9AT**

Monday 10am **back on 9th May**

Thursday 6pm

Salt Village Hall, Stafford ST18 0BW

Monday 7.45pm **back on 9th May**

I am at the venue 15 minutes before the class time.

Please arrive early, as spaces are limited.

So first come to be first served. Sorry, no entrance once the class starts. Book at class for following week.

Walton Community Association, White Mill Lane, Walton, Stone ST15 0EQ

Tuesday 10am

Monkton Recreation Centre, Pinfold Lane, Penkridge, Stafford ST19 5QP

Tuesday 6.30pm

Tuesday 7.45pm

Wear comfortable clothing that allows you to move your arms, legs and body. On your feet, go for trainers or dance shoes.

Holmcroft Youth & Community Centre, Newland Avenue, Stafford ST16 1NL

Wednesday 6pm

Oddfellows Hall, Greengate Street, Stafford ST16 2HP

Friday 2.45pm **back on 6th May**

Class last approximately 55 minutes.
Cost is £4

***Footwear cannot be worn at this venue, as we will be working on mat. So socks are recommended instead. There will be a place by your exercise area to put the footwear you have come in.

New Zumba class venue coming soon – please check website for details

Weekly **Monday Bootcamp Class at 6pm** starts 9th May

Stafford Cricket and Hockey Club Pitch, Riverway, Stafford ST16 3TH

Please check website for details

For up to date weekly class timetable and venues

www.miastonebridge.co.uk

Mia Stonebridge

Personal Trainer & Class Instructor (inc. Bootcamp and Zumba)
one-to-one and group training

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