

ONLY
£4.00
PER CLASS
or pay for 5 in
advance & get the
6th class FREE!

Boogie Bounce

**DO YOU WANT TO
LOSE WEIGHT,
GET FIT AND
HAVE FUN? READ ON**



Your safe, simple and effective exercise programme on a mini trampoline.

**New classes starting September 2011
Everybody welcome!**

Hilton Village Hall

(Starting 12th September)

Monday evenings 6.00pm – 7.00pm and *7.15pm – 8.15pm

Tuesday mornings 09.00am – 09.45am

*Monday late sessions held except every 2nd & 3rd Monday of every month

at Hilton Village hall, Peacroft lane, Hilton, Derby, DE65 5GH

Swadlincote

(Starting 13th September)

Tuesday evenings 6.15pm – 7.15pm & 7.30pm – 8.30pm

Wednesday mornings 09.30am – 10.30am

at Swadlincote Town Hall, The Delph, Swadlincote, DE11 xxx

ONLY **£4.00 PER CLASS**

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PRE-BOOKING IS ESSENTIAL

To book your place or for more information call:

Ellen on 07851 184359 or

Email: bbounceellen@yahoo.co.uk

