



Zumba & Yoga Madness

DANCE - GROOVE -
EXERCISE - LAUGH-

18+ only. All levels welcome.

*To book call 01530 832926 or
email hello@enrych.org.uk*

MONDAYS 1.30PM - 2.30PM
HERMITAGE LEISURE CENTRE,
WHITWICK

FREE

www.enrych.org.uk



NHS
East Midlands Ambulance Service
NHS Trust

This project has been supported by NHS Charities Together through your local NHS Charities, Leicester Hospitals Charity, Raising Health (Leicestershire Partnership NHS Trust) and the East Midlands Ambulance Charitable Fund.