

Zumba Classes for Family Carers



CENTRE  404

SUPPORTING PEOPLE WITH LEARNING
DISABILITIES, AUTISM AND THEIR FAMILIES

Sponsored by



Cloudesley

Come along to our ZUMBA classes!

Join our professional ZUMBA instructor and other family carers for a fun, dynamic and effective exercise class that incorporates Latin dance styles with fitness.

The classes are £2 per session and open to all family carers of people with learning disabilities or autism in North London

Thursdays 1pm to 2pm

Dates

9th January 2020

16th January 2020

23rd January 2020

30th January 2020

6th February 2020

13th February 2020

27th February 2020

5th March 2020

12th March 2020

19th March 2020

26th March 2020

2nd April 2020

Classes will take place
at the Old Fire station
84 Mayton Street,
London, N7 6QT

For further information
please contact:
family@centre404.org.uk
0207 697 1336
www.centre404.org.uk