

# Kol Chai presents



Enjoy exercise through dance steps to a delightful mix of Latin American and lively, rhythmic music especially designed to appeal to all ages and levels of fitness.

Trisha, a professional **ZUMBA GOLD** instructor, leads us and everyone has a good time.

## At 10.15am on Sunday mornings - 1 hour class

*"It's great fun;  
come and join us.  
Members and friends  
are all welcome"*

**Cost: £20 for five sessions or £5 pay as you go**

Fill in the form below and send or drop into the office with a cheque

Further details from: [genesis@kolchai.org](mailto:genesis@kolchai.org)

**KOL CHAI - Hatch End Reform Jewish Community, 434 Uxbridge Road,  
Hatch End, HA5 4RG [www.kolchai.org](http://www.kolchai.org)**

**Tel: 020 8421 5482**



@KolChaiReform



[www.facebook.com/kolchai](http://www.facebook.com/kolchai)

I wish to book a place at ZUMBA GOLD. I enclose a cheque for **£20 for five sessions**, made payable to Kol Chai (please write "Zumba" on the back).

NAME: .....

EMAIL ADDRESS: .....

TELEPHONE NUMBER: .....