

Shimmy 'n' Groove Fitness



"Bring your sense of fun!"



Home START

Support and friendship
for families

You are invited to Home-Start Maldon's...

Family Fitness and Fun

Wednesday, 22nd February – Wednesday, 29th March 2017
Block of 6 sessions
10 a.m. – 11 a.m. or
11 a.m. – 12 p.m.

Classes are open to all
Children are welcome to come along with their parents/carers

at Southminster Memorial Hall,
High Street, Southminster, Essex CM0 7AY

Places are limited, so please call 01621 858467 now to book your place
or email info@homestartmaldon.org.uk

Sessions will be led by a qualified fitness instructor from
'Shimmy 'n' Groove Fitness' and are *free*- there is no charge

