

FREE Family Bokwa Taster Session



***On Sunday 22nd January from 4-5pm
At Hugglescote Community Centre***

This innovative fitness program is in abundance of fun, does not feel like a workout and has the potential to reach the masses in a very short time! Bokwa is suitable for all age groups, all dance abilities, it is a contagious family fitness class that will build stamina, endurance and tone up every part of the body.

For more information please contact Zara Barnes on Tel 01530 454606 or email zara.barnes@nwleicestershire.gov.uk