



'B Lively'

*Dance Exercise and Energise to
Popular Music and Latin Rhythms*

**Victor Harbor Lutheran Centre
Tuesdays – meet 4.50pm for 5pm start
Side entrance closes 5pm
45mins long – BYO water bottle**

**A reasonable fitness level required. Not sure? Come, observe
and still enjoy the music at no charge! Age Suitability 18 years+.**

Payment Options Available

Once only 'trial' session \$10 per person
10 session card \$100.00 (discounted to \$10 per session)
5 session card \$60.00 (discounted to \$12 per session)
More than one person can share a card and it has no expiry date
Casual 'pay on the day' \$15 per person

*Make fitness fun – Don't make it a chore
and you'll do more!...Wendy B*

Please text before coming to 0417 306 841