



Kfa Moves[®]

North Essex Keep Fit Association

FESTIVAL OF MOVEMENT EXERCISE AND DANCE



**Charter Hall - Leisure World,
Cowdray Avenue, Colchester, CO1 1YH.**

Saturday 10th May 2008 - 2pm to 4.45pm



Everyone is welcome to join in our movement rally, plus there will be a full and varied programme of fitness demonstrations to watch and enjoy and an opportunity to find out about classes and events in your area.



Tickets for Spectators

£6.00 - Full KFA members
£7.00 - Non-members
£1.50 - Under 16's

Tickets for Demonstrators

£4.00 - Full KFA members
£5.00 - Non-members
£1.00 - Under 16's

KFA classes are a great alternative to the gym culture, offering you sessions in movement, exercise & dance that will keep you fit for life. All KFA teachers are expertly trained, insured and on the Register of Exercise Professionals.



**For more details please contact
Pat Wilson 01245 354079**

www.easterncountieskfa.org.uk