



FESTIVAL OF MOVEMENT

**Sacred Heart of Mary Girls School
Upminster, Essex**

Saturday 3rd May 2008 – 10.30am

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 with the opportunity to find out about classes and events in your area.

Tickets

- £4.50 - Full KFA members and performers
- £5.00 - In advance for non-members
- £5.00 - At the door

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

**There will be a FREE buffet lunch - PLUS
Keep Fit Rallies – Demonstrations
Raffle – Cake Stall**

For details visit www.easterncountieskfa.org.uk

