



COMING TO THE HEIGHTS!

WHAT IS BOKWA?

An innovative dance class inspired by South African war dance. It's a simple to follow, total body workout. Add in kickboxing and steps and you have an energetic, exciting, exuberant and exhilarating workout.

The moves spell out letters and numbers on the floor all signalled via sign language. If you can move and spell, then you can BOKWA!

Build stamina • Strengthen muscles • Maintain flexibility







*Energetic • Exciting
Exuberant • Exhilarating*



Further information

Classes start Monday 7 January

-  12.15 to 1.15pm (Cara)
-  5 to 6pm (Cara)
7 to 8pm (Karen)
-  10.15 to 11.15am (Karen)

 £4.50 per class

 Free with a Gold One Card
(Terms and conditions apply)

The Heights Leisure Centre
Broadway, Sandown, PO36 9ET
Tel: (01983) 405594
Fax: (01983) 405037
heights.leisure@iow.gov.uk



The One Card gives unlimited access to selected sports and leisure activities, subject to availability, provided by the Isle of Wight Council. There are cards for adults, students and juniors. There is a monthly fee with flexible payment options.
Find out more at www.iwight.com/leisure

