



# 和景華人聯誼會 CHINESE ASSOCIATION OF WOKING

www.cawoking.org.uk

## 关于 CCP 组织的活动预告 CCP Notice

2017年5月9日及16日继续两个周二將举行学跳健美操活动，邀请庞老师来教大家跳一套集舞蹈、瑜伽、武术一体的健亦美健身操，欢迎有兴趣朋友参加。让我们一起学跳动起来，有益身体健康。

9th May 2017 and 16th Tuesday: CCP has organised two further Sino-Zumba sessions. Dance teacher, Ms Pang, will show us how to keep fit with a dance routine which is a mixture of yoga and martial art. Both members and non-members are welcome to come along and dance!

**收费：**会员每人两镑，非会员每人三镑。欢迎大家带拿手小菜来聚餐，凡未带美食者，每人多交三镑。

**Costs:** Member £2 each Non-Members £3 each. Please bring a main course along to share with the group. Those who are unable to bring any food along will pay an additional £3 per person towards the cost of food provided by CCP.

**Programme 节目时间表:**

10:30am	CCP opens	活动开始
11:00am - 12:30pm	Dance session	健美舞蹈
12:30pm - 2:00pm	Lunch	午餐
2:30pm	CCP closes	活动结束

**地点/Venue:** Old Woking Community Centre, Sundridge Road, Woking GU22 9AT

**联络人/Contact :**

孔繁紅/Fanhong Kong or Adela Shum [ccp@cawoking.org.uk](mailto:ccp@cawoking.org.uk) or via CCP wechat group