

FAQS

Entry is for zumbathon only, no other facilities in the gym/centre

Warning

Use of lights in case of epilepsy

How fit do I need to be to take part?

You will need to have a reasonable level of fitness. Please consult your doctor if you are unsure.

Minimum Age

Age 5 upwards but must be accompanied by an adult.

What do I need to wear?

- Comfortable clothing – leggings or loose yoga style trousers. Comfortable top
- Trainers
- Water
- Any medication that you need

What if I can no longer take part due to sickness?

Unfortunately, in this scenario we will not be able to refund either your registration fee or your sponsorship

By attending this event you agree to be photographed. We will be posting photos and videos of the event on our Twitter, Instagram and Facebook pages. Please do share your photos and videos on socials and tag

West Herts Hospitals Charity

and

Zumba Kitty

X: @whhospcharity

Instagram: @westhertshospitalcharity

@zumbakittyuk

Facebook: @West Herts Hospitals Charity

@Zumba Kitty

LinkedIn: @West Herts Hospitals Charity

We would also like to use the photos for press and Trust communications after the event. If you would rather your photo wasn't taken or shared please contact the charity team before the event.