



KEEP FIT ASSOCIATION – JOIN US TODAY

Keep Fit Association registered teachers are highly qualified and insured to present creative movement and dance fitness classes based on the work of renowned choreographer, Rudolf Laban, that are effective and safe. Laban Dance Fitness aims to improve all aspects of physical and overall well-being.

Join our long-established association to get more than your regular Keep Fit Laban Dance fitness class.



JUST SOME OF THE BENEFITS OF BEING A KFA MEMBER..

- Automatic membership to your local and regional Keep Fit Association
- Our national magazine 'Moving Together' delivered to your door, keeping you up to date with our national information and news
- Local and regional newsletters/magazines (depending on locality)
- Civil Liability cover of £10 million should you cause an accident in class
- Discounted entry fees for many Keep Fit Association events locally and regionally



Opportunities to...

- participate in or attend local/regional/national events, team demonstrations, displays and social get togethers
- participate in/attend National Festivals/Competitions/Annual Get-Togethers and attend recreational health and fitness weekends at competitive prices (depending on locality)
- participate in KFA Laban Dance Fitness classes across the United Kingdom, or classes of our partner organisation Medau subject to availability
- access 100's of discounts with Howdens Benefits across a range of high street names
- go on to train to teach adults, children and older adults
- join the 100 Club with the chance of winning a cash prize each month
- to volunteer locally, regionally and nationally, using your skills to assist with the day to day running of the association and moving it forward.



Come to a class ...

- Many teachers offer a free first class so use Classfinder on our website to locate your nearest class.

Standard Membership fee is just £25.00 (online) £27.00 by cheque for 1 year.

Contact KFA for information on discounted fees. Email: kfa@emduk.org
Tel: 01403 266000

Download your form from <http://www.keepfit.org.uk/membership/>

