

Fun and Friendly Fitness classes for mixed abilities in Norwich



Location **East of England, Norfolk**
<https://www.freeadsz.co.uk/x-483220-z>



STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Starts Mon 16th Jan 2017. [£5 per class]

Monday evening: 6.15 – 7.15pm Sprowston Junior School

Zumba® Fitness is a Latin inspired, easy to follow, calories burning, dance-fitness party. Feel the music and let loose! Suitable for all ages and fitness levels.... And you don't need to be able to dance. [£5 per class]

Tuesday evening: 6.00pm – 7.00pm Hellesdon Community Centre

Wednesday morning: 9.30am – 10.30am The Costessey Centre

Friday evening: 6.35pm – 7.35pm Bannatyne Health Club, Longwater Business Park, Costessey (non members welcome)

Mat Pilates will improve your deep core and whole body muscle strength and tone. It also works to increase flexibility, improve posture, body alignment and awareness. Beginner to intermediate level. Bring a mat if you have one, but if not I will provide. [£6.50 a class, £30 for a block of 5] Level 3 qualified Pilates teacher, also offering one to one and small group sessions [£ Available on request].

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