

Zumba Gold



Location **South West, Gloucestershire**
<https://www.freeadsz.co.uk/x-483674-z>

Stonehouse Community Centre - 11:30am - 12:15 Wednesday
 FROM 11th JANUARY 2017

ZumbaGold®

Perfect For:











Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

How It Works:

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Benefits:

Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! £5 per week or £20 for 5.

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