

Zumba, Zumba (Low Impact) amp Clubbercise Classes (5 GBP)



MONDAYS: Irthlingborough Band Club, Victoria St, NN9 5RG
 ZUMBA FITNESS 18.15 - 19.15
 CLUBBERCISE 19.30 - 20.15

TUESDAYS: Rushden Football Club, Hayden Rd, NN10 0HX
 ZUMBA FITNESS 18.30 - 19.30
 CLUBBERCISE 19.45 - 20.30

THURSDAYS: Irthlingborough Band Club, Victoria St, NN9 5RG
 ZUMBA 18.30 - 19.15 (Low Impact)
 CLUBBERCISE 19.30 - 20.15

FRIDAYS: Rushden Football Club, Hayden Rd, NN10 0HX
 Zumba 9:30am (Low Impact)

All classes are £5 with an additional charge for glow sticks for Clubbercise, £1 hire or £3 purchase.



In partnership with Clubbercise

Location **East Midlands, Northamptonshire**
<https://www.freeadsz.co.uk/x-502906-z>

4mation Fitness presents.. Zumba Fitness - A 60 minute cardio, high impact dance workout to a funky beat with choreographed moves to inspire a fun filled party based fitness atmosphere. The basic rhythms are Reggaeton, Salsa, Cumbia and Meringue. This class is for people of all shapes, ages and backgrounds who want to crank up the music and dance up a storm! There are no wrong moves and you don't have to have any dance experience to join! It's a fun effective way to keep fit, tone up and smile your way to a better looking you! Zumba (Low Impact) - A 45 minute class to the same funky beat and party atmosphere as Zumba but with modified lower intensity moves. If you are new to Zumba, beginning a weight loss journey or wanting to try a fitness class with some spice but not yet ready for the full on session, this could be the class for you. This class could also appeal to those with joint or muscle issues, where keeping mobile is essential and high impact options are not recommended. This class will achieve the same results as the full class in terms of cardio and muscle tone workout but at a gentler pace. Clubbercise - 45 minutes of strutting your stuff, showing off your inner disco diva and giving John Travolta a high five!! This is an upbeat energetic aerobic class with choreographed moves to some favorite club anthems in a darkened room with disco lights and glow sticks ... bringing the night out to your workout. The moves are designed to be easy to follow and contain high and low impact options, you choose the level the suits you. **WARNING** As this class uses flashing lights, the classes are unsuitable for anyone under the age of 18 or who suffer from epilepsy or photo.

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