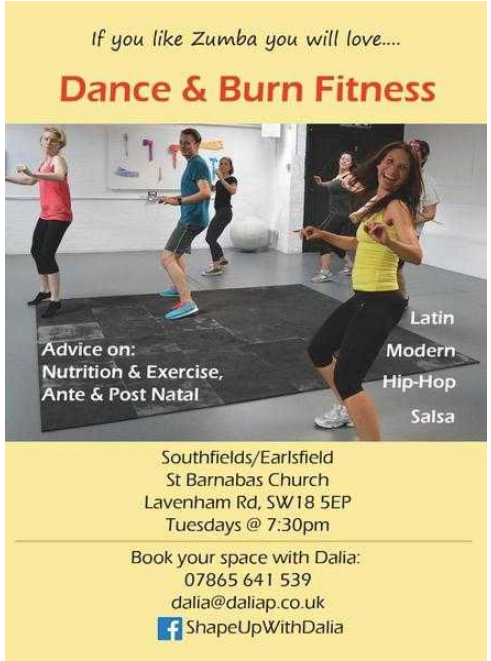
FreeAdsZ.co.uk

Dance and Burn Fitness (if you like Zumba you will love this class) (6 GBP)



Location **London, London**
https://www.freeadsz.co.uk/x-513332-z

Now that summer is just around the corner we all want to finally get into shape. There are no tricks or secret here and all you need to do is - Workout, Eat clean and repeat! If you like to workout the fun way, then join my Dance & Burn fitness class every Tuesday at 19.30 in Southfields/Earlsfield. Dance & Burn fitness class is a mix of latin, aerobic, street dance, including hip-hop and more. This 1 hour class provides an energetic cardio blast set to the hottest tracks, making this a fun and effective workout that will make you sweat in style! Suitable for participants of all fitness levels. This class is easy to follow and suitable for all experience levels as there are options throughout offering high and low impact exercises so you can choose how hard you work. If you like Zumba you will love this class! The class in Southfields is every Tuesday evening at 19.30 in St Barnabas Church Hall 146 Lavenham Rd Southfields. You will not find anywhere CHEAPER in the area! I am REP's registered and fully insured/licenced. I love teaching and helping people to achieve their fitness goals and improve their lifestyles in the most enjoyable way possible. Get in touch if interested. See for more details on the picture attached LOW COST AND LOCAL EXERCISE CLASSES RUN BY A QUALIFIED AND FULLY LICENSED

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