

Zumba classes in Stoke NewingtonDalston area - MONDAYS 6.30-7.30pm at Mildmay



Location **London, London**
<https://www.freeadsz.co.uk/x-173176-z>



Join the fun at our Zumba Fitness classes. Shake those start of the week blues away and have a dose of exercise without even realising it - as someone emailed me recently, "You've completely changed how I feel about Mondays!" 'Can I really do this?' you ask... Yes! You don't need to be a dancer and you don't need to be super fit - although you might find yourself throwing some new shapes on your nights out and trimming down your body shape from coming to class. Just bring a sense of fun, wear work out shoes, keep water and towel handy, and get ready to shake and shimmy the work day away For the latest updates, search for Hiles under instructors on the Zumba website. Classes are on MONDAYS 6.30-7.30pm at Mildmay Community Centre and TUESDAYS 7-8pm at Stoke Newington Scout Hall See you!!!



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