

# Zumba and Street Dance Fitness Classes (5 GBP)






**Zumba**  
Latin Inspired Dance Aerobic programme  
Mondays & Wednesdays at City of Norwich School  
18:30-19:30

**Bounce Dancefit**  
A fusion of hip hop, twerking, voguing, house and waacking dance in a fitness format  
Mondays at Open Academy, Norwich, 20:00-21:00  
Wednesdays at City of Norwich School, 19:45-20:45

**Zumba Gold**  
For active older adults who are looking for a lower intensity Zumba workout  
Thursdays at Holy Trinity Church, Rackheath  
10:00-11:00

Admission £5 per class - over 16's only due to health & safety

Also available for group bookings, hen, adult and child birthday parties!  
For more information contact  
Sarah Chow –  
chowzumba@hotmail.co.uk  
07717 723713

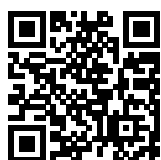
Location **East of England, Norfolk**  
<https://www.freeadsz.co.uk/x-234468-z>

Do you want to lose weight?  
 Tone your whole body?  
 Become a fitter healthier version of you?  
 Workout in a fun, friendly and social atmosphere?  
 Love to Dance? If the answer is yes to any of these questions then why not try a Zumba or bounce Dancefit class!! Zumba  
 Monday's and Wednesday  
 City of Norwich School Academy  
 6:30pm Bounce Dancefit (Street dance fitness)  
 Monday's  
 Open academy , Salhouse road  
 8pm  
 Wednesday's  
 City of Norwich School Academy 7:45pm Zumba Gold (low impact) thursdays 10am hily trinity church,  
 Rackheath Classes £5 or punch cards 5 for &pound



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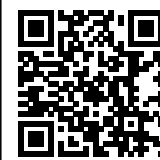
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