

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 £



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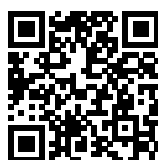
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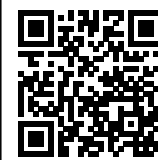
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