

Zumba Toning Class in Eastbourne Old Town (5 GBP)



Location

South East, East Sussex

<https://www.freeadsz.co.uk/x-368418-z>


Zumba Toning Zumba Toning is an exciting, exhilarating and uplifting dance-fitness workout that helps you to burn calories, lose weight and tone up, with the additional challenge of adding resistance by using Zumba Toning Sticks (or light weights), to help you focus on specific muscle groups, so you (and your muscles) stay engaged! This fun-packed class will brighten your spirits and kick-start your week with a smile. Starts Date: Now Cost: £7.00 Drop In / £6 per session when booked termly. Info: Classes are informal and relaxed, please wear light loose clothing that allows for movement and flat shoes.

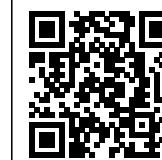
Refreshments: Tea, coffee, drinks and snacks available. Telephone: 01323 639 883 01323 639 8...(click to reveal full phone number) Address: Eden Blue, Unit 19, 1 Green Street, Eastbourne, BN21 1QN

Website: www.edenblue.co.uk Email: click to contact Facebook: facebook.com/edenbluecentre

Twitter: twitter.com

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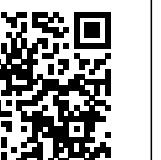
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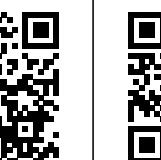
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