

## **Zumba classes at dance visions (5 GBP)**







Zumba classes !!!! every Thursday 6.30pm - 7.15pm Dance Visions ,henwood estate,ashford,kent,TN24 8Dg pay monthly £5 PAYG £6 Zumba is a great way to keep fit and stay healthy by dancing to music from around the globe with easy to follow routines . Zumba can help improve coordination,stamina,strength and it provides a full body.

