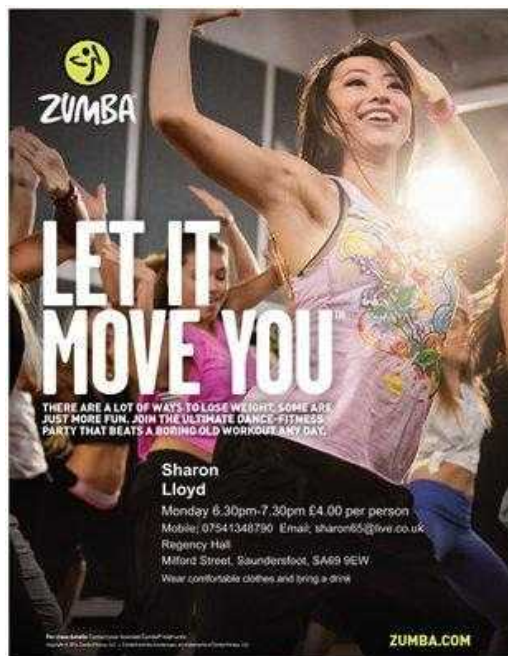


# Zumba Fitness Class Starting September 2016 (4 GBP)



Location **Wales, Dyfed**  
<https://www.freeadsz.co.uk/x-431182-z>

Starting Monday 5th September 6.30-7.30pm. Regency Hall, Milford Street, Saundersfoot, SA69 9EW  
 Zumba Fitness is a Latin-inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere. While many of the types of dance and music featured in the program are Latin American inspired, classes can also contain everything from jazz to African beats to country to hip-hop and pop. Zumba is an interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance. The Latin-inspired dance workout is one of the most popular group exercise classes in the world. Sharon Lloyd: Qualified Fitness/Zumba Instructor click to contact Mobile: 07541348790 075413487...(click to reveal full phone)



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