

# Zumba - Stonehouse Community Centre Thursday 715 pm



# ZUMBA®

Location **South West, Gloucestershire**  
<https://www.freeadsz.co.uk/x-483675-z>



Stonehouse Community Centre Perfect For:  
 Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

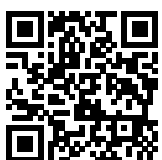
## How It Works:

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

## Benefits:

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

£5 per week or £20 for 5 weeks.. [www.stonehousefitness.co](http://www.stonehousefitness.co)



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