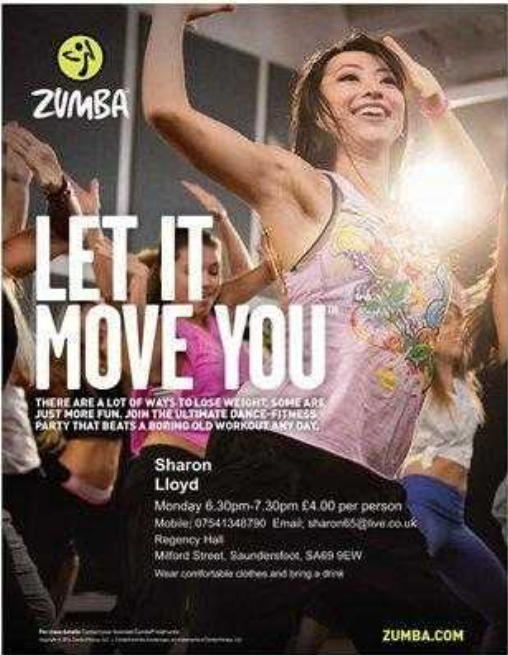



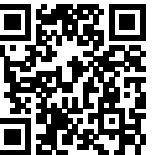
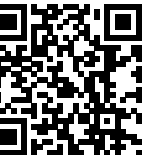







Zumba (4 GBP)



Location **Wales, Dyfed**  
<https://www.freeadsz.co.uk/x-485527-z>

Every Monday 6.30pm-7.30pm Regency Hall, Saundersfoot, Milford Street, Saundersfoot SA69 9EW, 01834 811700 01834 8117...(click to reveal full phone number) 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.

 <a href="https://www.freeadsz.co.uk/x-485527-z">https://www.freeadsz.co.uk/x-485527-z</a> Zumba	 <a href="https://www.freeadsz.co.uk/x-485527-z">https://www.freeadsz.co.uk/x-485527-z</a> Zumba	 <a href="https://www.freeadsz.co.uk/x-485527-z">https://www.freeadsz.co.uk/x-485527-z</a> Zumba	 <a href="https://www.freeadsz.co.uk/x-485527-z">https://www.freeadsz.co.uk/x-485527-z</a> Zumba	 <a href="https://www.freeadsz.co.uk/x-485527-z">https://www.freeadsz.co.uk/x-485527-z</a> Zumba	 <a href="https://www.freeadsz.co.uk/x-485527-z">https://www.freeadsz.co.uk/x-485527-z</a> Zumba	 <a href="https://www.freeadsz.co.uk/x-485527-z">https://www.freeadsz.co.uk/x-485527-z</a> Zumba	 <a href="https://www.freeadsz.co.uk/x-485527-z">https://www.freeadsz.co.uk/x-485527-z</a> Zumba	 <a href="https://www.freeadsz.co.uk/x-485527-z">https://www.freeadsz.co.uk/x-485527-z</a> Zumba	 <a href="https://www.freeadsz.co.uk/x-485527-z">https://www.freeadsz.co.uk/x-485527-z</a> Zumba
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