

# Zumba Gold Norwich amp Rackheath (5 GBP)



Location **East of England, Norfolk**  
<https://www.freeadsz.co.uk/x-516851-z>



Zumba gold classes the low impact version for those needing a lower impact workout still great results an all over body workout with the Latin Inspired dance workout a fun friendly and social atmosphere  
 Thursday's holy trinity church rackheath 10am  
 Fridays norwich school of dance white lodge trading estate 1:30-2



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