

Zumba (4.50 GBP)



Location **Wales, Dyfed**
<https://www.freeadsz.co.uk/x-570415-z>

Every Monday 6.30-7.30pm

ZUMBA®

Perfect For

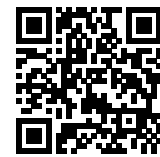
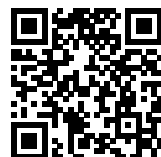
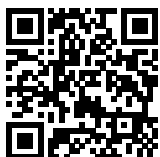
Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

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.



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