

# Zumba Gold Norwich amp Rackheath (5 GBP)



Location **East of England, Norfolk**  
<https://www.freeadsz.co.uk/x-588274-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  
 1:30-2:30pm



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