



**Irish Network Stevenage**

# Zumba Gold

This is for active older adults who are looking for a class that focuses on easy-to-follow dance routines. The class can help improve balance, coordination, and range of motion without high-impact movements. It's all about having fun and keeping active! The class is suitable for complete beginners or those that want a slightly modified Zumba class.

- ✓ **Symonds Green Community Centre**
- ✓ **Every Thursday, 12.30pm - 1.30pm**  
**Starting 20th November**
- ✓ **£2.50 members & £4.50 non-members**

#### Contact Us:

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