



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.

- ✓ **Timebridge Community Centre**
- ✓ **Every Wednesday, 9.45am - 10.45am.**
- ✓ **£2.50 members & £4.50 non-members**

Contact Us:

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