

seated



ZUMBA
gold



FIT VILLAGES
Activity on your doorstep

NEW Seated Zumba Gold Class

Bramford Church Room

Ship Lane, Bramford, IP8 4AN - Easy Access & Parking

Wednesdays 1.30pm

Commencing 4th July 2018

*Get moving, become more active & improve muscle tone in this **Fun & Friendly Seated Zumba® Gold Dance Fitness based class that is **completely chair based**. Fantastic music & modified Zumba® moves will get you moving, grooving & feeling great!***

Come join us for a boogie & a chat!

Ideal for older adults, less abled, those looking for a modified class that takes the pressure off your legs! But **EVERYONE** is Welcome

Subsidised introductory cost of £4 per week
(Block booking discount also offered)

For more details contact Sarah Ann: 07450 730962

