



ZUMBA[®]
gold • toning

Battle of Britain Memorial Hall (Badersfield)
Thursdays - 7pm to 8pm

Want to dance like nobody is watching and tone up at the same time? Why not give Zumba Gold Toning a go... Lose yourself in the music, sing-a-long, no right or wrong moves. Exercise in disguise! Toning Sticks Provided

Come and join our friendly class – No Commitment Pay As You Go – All Welcome - £3.50 per class

For more information contact Loraine: 07748 985940

Fully insured and Registered Zumba Instructor

The Zumba® Gold-Toning program combines the enticing international rhythms of the Zumba Gold® program with the strength-training techniques of the Zumba® Toning program, creating an easy-to-follow, health-boosting dance-fitness program for the active older adult as well as beginners



ZUMBA GOLD-TONING

SCULPT. TONE. STRENGTHEN.