



ZUMBA® FITNESS IS HERE!

Ditch the workout, **JOIN THE PARTY!**
with Latin Vibes

Tel: 0845 539 0079 ~ www.latinvibes.co.uk

WEEKLY ZUMBA GOLD & CHAIR CLASSES

St Andrews Parish Hall, Chase Side, Southgate, London N14

Tuesday:	10.45am – 11.30am	Zumba Gold	Admission £5.00 / £4.00 pensioners
Thursday:	11.30am – 12.15pm	Zumba Gold	Admission £5.00 / £4.00 pensioners
Friday:	02.00pm – 02.45pm	Zumba Gold	Admission £5.00 / £4.00 pensioners

St Johns Hall, Bourne Hill, Palmers Green N13

Tuesday:	06.15pm – 07.00pm	Zumba Gold	Admission £5.00 / £4.00 pensioners
-----------------	-------------------	------------	------------------------------------

What is Zumba® Gold?

Zumba® Gold has been specifically designed to take the original Zumba programme and bring it to the active older adult, the beginner and other special populations. i.e. Pre-/Post Natal or those in injury rehabilitation. Even if you are restricted to using a wheelchair or feel more comfortable seated, you can still take part! This explosive programme includes Merengue, Salsa, Cumbia, Belly Dance, Flamenco, Tango and so much more; helping maintain balance, coordination, tone and an all over mind, body & soul workout. – Class length 45 minutes

Admission: £5.00 ~ Pensioners: £4.00

Zumba with Latin Vibes provide a further 40 + classes in the area of Enfield, Southgate, Palmers Green and Edmonton as well as other parts of London.

If there is not a class listed here that is suitable for you, please contact us and we can provide you with further class options.

All our Instructors are trained exercise professionals, CRB cleared, Qualified First Aiders and have full Public Liability Insurance.



Tel: 0845 539 0079

info@latinvibes.co.uk

zin zumba instructor network™

