Laverton Community Hub

Zumba Class

Zumba Gold - low impact class that is suitable for anyone with an interest in moving, improving their fitness and flexibility.

Suitable for all ages. Wear loose comfortable clothing.

When **Monday**
from 7 January 2019
Time 11.15am to 12.15pm
Cost $5 or $2 concession

Working out has never been so fun. Zumba is an exhilarating fitness class loaded with red-hot dance steps and easy to follow routines. Open to everyone, all fitness levels and abilities are welcome.

When **Thursday** (from 10 January 2019)
Time 11.15am to 12.15pm
Cost $5 or $2 concession

When **Saturday** (from 12 January 2019)
Time 8am to 9am

Contact 8368 0100 or lavertoncommunityhub@hobsonsbay.vic.gov.au

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