

PARTY ON!



ZUMBA
gold

Get Groovin'
at Your Own Pace.



For further
information call
your instructor:

Cassandra Batty
on 07540348118



Langworthy Cornerstone presents:

Zumba Gold

1:15pm – 2:00pm

To book your space call: **Langworthy Cornerstone**

On: 0161 212 4400 NOW

Sessions: £2.50pp

Venue: Langworthy Cornerstone
451 Liverpool Street, M6 5QQ

Perfect For:

Anyone coming back to exercise & the active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

How It Works:

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Benefits:

Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.