

Classes & Activities – Course Information

**Zumba –** AU2019

**Category:** Adult 18+ years

**Day(s):** Sundays and Thursdays

**Dates:** Sundays - 8 Sept – 15 Dec (exc 6 Oct, 13 Oct, 10 Nov)

 Thursday – 5 Sept – 19 Dec

**Time:**  10am – 11am (Thursday)

11am – 12pm (Sunday)

**Class size:** Up to 25

**Student Fees:** £6 per session

**Venue:** Norden Farm Centre for the Arts

**Tutor:**  Annet Bowler

**Course Outline:**

Zumba is the latest dance fitness craze sweeping the nation! Using Latino rhythms such

as Salsa, Cumbia and Merengue, this full-on 60-minute workout feels more a party than

an exercise class! The class is suitable for all fitness levels and beginners are welcome.

Zumba with Annet is a fun easy to follow dance base class. Get fit and exercise in disguise to uplifting Latin rhythms. This 60 minute class feels more than a party that exercise class. It suits all levels of ability and beginners are very welcome. Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility boosted energy and a serious dose of awesome each time you leave the class. Zumba can help make you feel happy, healthy, strong, amazing, sexy, unstoppable and confident.

**Are there any other costs? Is there anything I need to bring?**

No additional costs.

It’s advisable to bring a bottle of water to the class. Cool and comfortable clothing is best, as one wears to the gym, plus (dance) trainers.

**Tutor biography:**

Annet has been teaching ZUMBA since July 2009 and she is qualified to teach Zumba Basics, Zumba Sentao, Zumba for children, Zumba Gold, Hatha Yoga and Exercise to Music

**To book please contact: Box Office on 01628 788997 /** [**www.nordenfarm.org**](http://www.nordenfarm.org/)

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