

Zumba at Dundee West Church today! #dundeewestend

CHANGES TO CLASS



GROOVE WITH GOGA

Get Out
Get Active
TAYSIDE

Zumba with Nazhat
Dundee West Church
130/132 Perth Road, Dundee
Wednesdays @ 12pm



- ✓ Low impact activity - fun, choreographed dance routines to get you moving!
- ✓ Outdoor activity in a beautiful garden setting
- ✓ The fun way to complete a full-body workout - moves can be adapted to be suitable for all abilities

All of our activities are **FUN, FREE & SUITABLE FOR ALL ABILITIES**



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With the colder weather making an appearance, Zumba at Victoria Gardens has moved its Wednesday Zumba sessions indoors until next year.

You can join today's Zumba session at Dundee West Church at 12 noon today – all welcome.

The class remains free to everyone, with no pre-booking required.