

Zumba at Victoria Gardens #dundeewestend

NEW CLASS ALERT



GROOVE WITH GOGA

Get Out
Get Active
TAYSIDE

Zumba with Nazhat
Victoria Community Gardens,
Blackness Road, Dundee
Wednesdays @ 12 noon



- ✓ 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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Residents are very welcome to join Get Out Get Active Tayside at Victoria Gardens on Blackness Road for Zumba with Nazhat – every Wednesday at 12 noon.

This is a low impact Zumba class consisting of fun, choreographed dance routines designed to get you moving and make you smile!

No sign up required – just pop along and join in.