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Zumba with Gabi

Wednesday: 20:00–20:50



Introduction

An easy, fun, energetic, calorie burning cardio pumping Zumba class with the best music ever.

All classes are on a turn up basis, no booking required. Each class is one hour long. Pay as you go.

No membership. No dance experience required, Zumba is an exercise class - a few simple dance moves mixed with aerobics combo's.

Please wear comfortable sports clothes and trainers- non marking sole preferable. Expect to sweat. Bring a small towel and plenty of water.

All classes are of medium impact and suitable for beginners. You will find a range of all ages, gender, shapes and sizes in our classes.

Children under 14' must be accompanied by a parent . Sorry, no toddlers or babies .

Location

Sports Hall, Kesgrave Community Centre, Twelve Acre Approach, Kesgrave IP5 1JF

Contact

Gabi

01473 621097

gaby_zone2000@yahoo.co.uk

[@www.facebook.com/gabyzumbaipswich](https://www.facebook.com/gabyzumbaipswich)

www.zumbaipswich.co.uk

Last updated: 17 February 2020

Location: Kesgrave Community Centre - IP5 1JF