

Dance Fitness

For Older Adults

Neuadd Dyfi, Aberdyfi

Tuesdays 10am - 10.30am
Thursdays 10am - 10.30am

Low-impact Zumba-style dance fitness class
Easy steps to vibrant music!
Go at your own pace
Have fun with people like you!

Questions?

Ring Sandy on 0779 0045445

