

Get Active Palmerston

9 AUGUST - 21 NOVEMBER 2021

Dancing

Activity Name	Description	Business Name & Contact
Zumba® with Adrijana	Zumba® fitness is a Latin-based fitness programme and is pretty much the most awesome workout ever! Dance to great music with great people and burn a ton of calories without even realising it.	Zumba with Adrijana Please text Adrijana on 0405 211 187 Social Media: @zumbawithadrijana
Body Groove	Fun dance fitness class. Perfect for the mind, body & soul.	Groove Vitality @groovevitality on Facebook
Zumba® Fitness	Zumba® Fitness, a latin-inspired dance workout. Perfect for everybody and everybody. It's an exercise in disguise.	UrFitnessDJ Book via the website www.urfitnessdj.com.au Facebook Page/Instagram: UrFitnessDJ