



# Friday Morning Zumba Gold



## at The Shaw Memorial Hall

(St Augustine's Church)  
Rock Avenue, Gillingham, ME7 5PW

**Zumba Gold** is a gentle dance exercise to Latin style and popular music aimed at active older adults, or those wanting to get back to exercise.

My classes can be done standing, or sitting on the chair.

**Zumba Gold** is a feel good activity, not just for your physical health but your sense of wellbeing. A chance to meet new people!

**Starts Friday 3rd November 9:30am—11am**

We will dance to music for 40 minutes, and then have the tea or coffee and a chat.



No membership is needed, just a suggested donation of £3 for the session, if you can.



Clare's Zumba, fitness  
and Wellbeing

Call or message me to book  
07799 268291



This session has been made possible by Medway Council's Public Health Physical Activity Team, Active Kent and Medway, and Medway Community Healthcare.