



BODY BEATS



Zumba and Dance Group

Body Beats is all about taking the 'work' out of the workout through low and high-intensity dance moves to some great music that will keep you fit and refreshed.

- Every Tuesday
- 10am – 1.30pm
- Adults 18+
- All abilities welcome
- Please bring morning tea
- BYO lunch

Start the conversation today and contact

Shelley-Ann Welbourn
Service Manager

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