

Zumba

Provided / Operated by:

Millside Centre

All ages, abilities, and backgrounds are welcome at this ladies-only session. The Zumba class provides a chance to become healthier and happier outside of the traditional exercise setting. It is a fitness programme that includes cardio and Latin-inspired dance, and is a great place to meet new people, to socialise, as well as to exercise.

📍 Course Address:

Millside Centre
131 Grattan Road
Bradford
BD1 2HS

📅 Days & Dates:

Saturday: 10:00 – 11:00

💷 Costs:

Free

📞 Contact Details:

Name: Furaha Mussanzi

Phone: 01274 514976

Email: fmussanzi@millsidecentre.org

♿ Accessible:

Yes

👶 Childcare:

No

👶 Children allowed:

No

