

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

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Accessible:

Yes

Childcare:

No

Children allowed:

No

