



**Tuesdays 6-6:45pm**

**Cost:** \$10 per session or \$80 per term

**Where:** 27 Hull Way, Beechboro 6063

**Bring:** Bottle of water, a little towel & wear comfy shoes

Zumba in the Circuit is a great way to maximize your workout by mixing strength-training with cardio and dance. For all fitness levels!

The lower impact, easy to follow, Latin-inspired dance fitness party that keeps you in the groove of life!



**Brockman Community House**

**Address: 27 Hull Way, Beechboro**

**Phone: 9279 1588**

**Email: [admin@brockmanhouse.net](mailto:admin@brockmanhouse.net)**