



**ZUMBA**<sup>®</sup>  
gold

This easy Latin-inspired dance exercise class, retains all the fun of Zumba but is designed as a low impact class, especially for older active participants and those looking to start or restart their fitness journey.

Mondays 1.30pm - 2pm  
Studio, Neuadd Dyfi

If you have any questions about these classes, please ring Sandy on 0779 0045445.  
See you soon!

# *Tai Chi*

Tai Chi has been proven to improve balance, fitness and reduce the risk of falls in older adults. It can also be beneficial for stress-reduction and conditions such as osteoporosis and Parkinson's.

It is a gentle form of exercise that is done either standing or sitting and is done at your own pace and level.

All welcome!

Please wear comfortable clothing and either flat shoes or thick socks.

Mondays 2pm - 3pm  
Studio, Neuadd Dyfi

