

Women's Aerobic Zumba & Yoga



Wednesdays, Camberley 12pm–2pm

Join our Women's Only Aerobic Zumba & Yoga Group – a fun, friendly, and supportive space to stay active, improve fitness, and boost wellbeing. Enjoy energising workouts, relaxing yoga sessions, great music, and a welcoming community for women of all fitness levels.

Come move, stretch, and feel your best together!



catalystsupport.org.uk/activity-timetable/



groups.cc@catalystsupport.org.uk



01276 409 415



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