

Zumba at Ridgeview

Zumba is a Latin inspired, easy to follow, calorie burning, dance fitness party.

Party yourself into shape!

Zumba dance lessons began in February with great enthusiasm from the residents. It is a great way to exercise in a fun way.

Zumba happens every Monday and Thursday of every month.

We are always looking for new people to join at a fee of R20 for a half an hour.



Methodist Homes Ridgeview Village
Caravelle Road, Impala Park, Boksburg
Tel: 011 686 1500
e-mail: ridgeview.info@mha.co.za



Methodist Homes

Providing affordable, secure and caring accommodation and services to the elderly