

What is Zumba



Zumba, founded in 2001, is a global lifestyle brand that fuses fitness, entertainment and culture into an exhilarating dance-fitness sensation. Zumba exercise are “fitness-parties” that blend upbeat world rhythms with easy-to-follow choreography, for a total work out. Zumba fans say it is so popular because it is a fun way to work out.

Zumba toning uses body sculpting techniques using zumba toning sticks to enhance rhythm and build strength.

What to Expect In a Zumba class:

- **You're going to sweat:** Bring water and comfortable clothes you can move in,
- **Expect a mix of levels:** zumba uses a variety of world rhythms.
- **Don't worry about messing up:** keep coming; you will catch on.
- **Assortment of Routines:** There will be a constant change in routines and no song is ever the same.
- **Loud music:** remember it is supposed to be a party atmosphere.
- **Nonverbal cueing:** Instructors are taught to teach with nonverbal cues so don't be offended when the instructor doesn't cue you verbally. However, be encouraged to make as much noise as you would like.
- **Work at your own pace:** Like any other class; most instructors will show modifications in the event you are not comfortable.
- **Most important: enjoy the music, loosen up and have fun!**