



ZUMBA[®]

FITNESS

Description

Zumba is a popular fitness program inspired by Latin dance. The word "Zumba" comes from a Colombian word that means to move fast and have fun, which is just how people describe the routine. Using upbeat Latin music together with cardiovascular exercise, Zumba is aerobic dancing that is lots of fun and easy to learn. Zumba is a high intense dance which is motivated by music. It involves cardio and toning all at the same time.

Calories burned

About 500 per hour

What to bring

Water

How often should you attend

Every week

Who it's for

Everyone!

Instructor: April

April Cox graduated from IUP with a minor in dance has been a dance instructor for years. With a passion for latin dance, she didn't think twice about adding the title of Zumba instructor to her repertoire. April has a desire to see people have fun through the arts of dance and music while staying fit. You can expect her classes to be high energy and entertaining. Youth and adults alike will enjoy these latin-fused aerobic classes. With Zumba, it's not a workout, IT'S A PARTY!

