



## ***WHAT IS ZUMBA FITNESS??***

***A rewarding, fun-filled dance fitness class that will get you in the best shape of your life, while having a great time!***

***This total body workout utilizes "interval training" sessions by using simple, easy-to-follow dance moves, alternating between slow and fast rhythms. Add resistance training to tone and sculpt your body while burning fat and you have ZUMBA!***

***The Latin and international music will make you want to dance and the body sculpting moves mixed in will maximize caloric output! Each class is like going to a party! You do not need any dance experience to do ZUMBA! It's simple, it's easy, and it's effective!!!***

***Zumba will get you in shape by burning a minimum of 700 calories an hour!***

***Ditch your old boring workout today and come join the party!!!!!!!***