



## A Taste of Zumba!

Remember the fun and exciting days of the original Aerobic Dance programs? A Taste of Zumba brings the fun back to fitness by combining high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Zumba is a fusion of Latin and International music – dance themes creating a dynamic, exciting, effective fitness system! It is based on the principle that a workout should be 'fun and easy to do' and offers a complete break down of all basic rhythms and movements – demonstrating how each rhythm defines the movement. An explanation of the unique process by which classes are choreographed and constructed will allow participants to experience the simplicity of teaching a Zumba class. This session is based on the interval training theory of fitness. Sponsored by Zumba!

- **History of Zumba** The founding of Zumba – Beto's Story

- **What is Zumba?**

**It's Fun** This is a workout that you will want to teach everyday, and you feel good doing it! It's the type of workout which motivates class participants to adhere an exercise regiment - they will keep coming back because it's fun. Then they keep coming back because of the results! Zumba is great for the mind, body, and soul!

**It's Different** The music, the steps, the moves, the class, the feel – all unique!

**It's Easy** Zumba is designed for everyone, class participants of any level can start to Zumba right away!

**It's Effective** It is a cardio-based workout with utilizing the principals of interval training.

- **The Music** Music is one of the most important elements of a successful Zumba class. Use music to create: A feeling of passion, High energy to the class, and a party-like atmosphere
- **Zumba Basic Steps** Breaking down the Zumba Basic Steps: Merengue, Salsa, Cumbia
- **Practical Instruction** Master Class
- **Questions & Answer Session & How to Become a Zumba Instructor**

(954) 925-3755 [info@zumba.com](mailto:info@zumba.com)



## **The Zumba Toning Method - Zumba! Breaking the Rules....**

Dare to Break the Rules of Traditional Fitness by experiencing TV's hottest new sculpt and tone program. The Zumba Toning Method is a unique functional core training program emphasizing the fusion of the unique, fun and interesting Zumba Latin dance rhythms into an effective training program. The focus is on muscles often missed or ignored in the old traditional strength programs. Let Zumba show you how to *Spice* up your sculpting and toning classes the Zumba way! We will demonstrate the Zumba Toning movements with and without light weights. Sponsored by Zumba.

- **The Zumba Toning Method:**
  - **The Music:** Use of different rhythms to target different muscle groups
  - **Zumba Toning Sticks:** Intensifying your workout with these unique hand weights guaranteed to excite your participants with their music making ability.
  - **The Steps:** Variations on the Zumba basics to target and tone the body
  - **Choreography:** True to the Zumba concept, taking the focus from repetitions to the musical breakdown.
  
- **Current Zumba Programs:**
  - **Basic Steps 1**
  - **Basic Steps 2**
  - **Zumba Gold**
  
- **Practical Instruction – Master Class**
  
- **Questions & Answer Session & How to Become a Zumba Instructor**

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