



ZUMBA IS A FUSION OF BODY SCULPTING MOVEMENTS WITH EASY TO FOLLOW DANCE STEPS TO THE TUNE OF LATIN AND INTERNATIONAL MUSIC. THE ROUTINE FEATURES AEROBIC/FITNESS INTERVAL TRAINING WITH A COMBINATION OF FAST AND SLOW RHYTHMS THAT TONE AND SCULPT THE BODY. **ZUMBA** UTILIZES THE PRINCIPLES OF FITNESS INTERVAL TRAINING AND RESISTANCE TRAINING TO MAXIMIZE CALORIC OUTPUT, FAT BURNING AND TOTAL BODY TONING.

ZUMBA COMBINES HIGH ENERGY AND MOTIVATING MUSIC WITH UNIQUE MOVES AND COMBINATIONS THAT ALLOW THE **ZUMBA** PARTICIPANTS TO DANCE AWAY THEIR WORRIES. IT IS BASED ON THE PRINCIPLE THAT A WORKOUT SHOULD BE "FUN AND EASY TO DO" ALLOWING **ZUMBA** PARTICIPANTS TO STICK TO THE **ZUMBA** FITNESS PROGRAM AND ACHIEVE LONG-TERM HEALTH BENEFITS. **ZUMBA** IS A "FEEL-HAPPY" WORKOUT THAT IS GREAT FOR BOTH THE BODY AND THE MIND.

Mondays (7-8pm)
new Fridays (5-6pm)
Sundays (10-11am)

**CORE STUDIO WELCOMES NEW
INSTRUCTOR**

TARA PRICE