



Zumba® Fitness Classes at Duval Dance and Music Academy

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www.Duvaldance.com

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

What is Zumba®?

Zumba® Fitness is the Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive.

Since its inception in 2001, the Zumba program has grown to become the world's largest – and most successful – dance-fitness program with more than 12 million people of all shapes, sizes and ages taking weekly Zumba classes in over 110,000 locations across more than 125 countries.

Each energizing workout burns 400-1000 calories and is suitable for men and women of all ages, shapes and fitness levels. Come join the Zumba party!

When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba® Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

What are the Benefits of Zumba®?

Get a “**feel good**” **sensation**. This is not just a result of your endorphins kicking in. The infectious music, along with the easy to follow steps, creates a truly FUN and party-like atmosphere.

Great **fat burning** workout.

Reshape all parts of the body, including the arms, hips, heart, and mind.

Break a fantastic sweat without even realizing you are exercising.

Lose weight - combining ZUMBA® with a sensible and well-balanced nutrition plan, can have astonishing results.

Fantastic core workout.

Great **interval training**. (Exercising at aerobic and anaerobic levels according to each individual's heart rate.)

What should I wear to Zumba®?

You are guaranteed to sweat so if you are layering. Make sure you have breathable clothing. Your clothing should allow easy movement, and not restrict you in any way.

What type of shoe is best?

Shoes are a very important thing to consider. We recommend shoes that have little tread (this allows for ease of pivotal/rotational movements). Dance sneakers are ideal. Otherwise a light-treaded cross-training shoe is suitable.

Is there anything else I should bring to class?

Bring plenty of water and a small towel. You WILL sweat!

What kind of dances will I do in Zumba® class?

ZUMBA® incorporates a number of Latin dances such as merengue, salsa, cumbia, reggaeton, cha cha, samba, and bachata just to name a few. In addition to the Latin rhythms, classes will also include International rhythms such as hip hop and belly dance. And you never know what other dance styles might be added to the repertoire!

When are Zumba® classes held?

Mondays: 1:30 - 2:30pm

No contracts! No registration or membership required! Drop-In Rate \$10 per class

Purchase a Punch Card: \$80 for 10 Classes (\$8 per class)

Come and join the party!

For more information about Zumba, visit: www.Zumba.com