

ZUMBA Fitness Reference

It's a blast when you can feel music in your heart and experience a smile with **Zumba** Fitness. As a matter of fact, one of the official slogans for the company is to "Join the Party". There is no need to worry if you don't get every step correct, you should be able to find joy in your classes, move freely and confidently while trained **Zumba** instructors lead you through an accessible and safe experience.

The four basic steps in **Zumba** classes are merenge, salsa, cumbia and raggaeton. As these styles form a foundation for **Zumba** dance variations, part of the appeal is how you can **learn** new steps that will inspire you to continue as you improve your fitness along the way.

Since **Zumba** is **CHOREOGRAPHED** to a variety of music, you are provided with several different fitness elements (i.e. strengthening, flexibility, and cardiovascular activity). All you have to do is mirror the instructor in front of you, move along and **CONTINUE TO COME**. Aim to reach the energy level of the instructor. Even as a beginner, you will have fun and have a great workout, no matter what steps you missed.

Additional Thoughts...

- 1. Drink plenty of water; stay hydrated before and after class.**
- 2. Wear proper shoes. Cross training shoes, aerobic dance shoes, dance shoes are good. DO NOT wear running or hiking shoes.**
- 3. Wear loose comfortable clothing that breathes.**
- 4. For quick dances at first, make your steps smaller and don't try to add arms until you have the footwork down.**
- 5. When the steps are large or slow, use control like the instructor.**
- 6. AGAIN, don't worry about the steps! **Zumba** is all about having fun while getting fit.**

Instructors should appreciate feedback. I know we do. If there are any questions or concerns, please feel free to email us at litule@cochise.az.gov.

References

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