



The program is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system. It combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits.

The program integrates some of the basic principles of aerobic, interval, and resistance training to maximize caloric output, cardiovascular benefits, and total body toning. The cardio-based dance movements are easy-to-follow steps that include body sculpting, which targets areas such as gluteus, legs, arms, core, abdominals and the most important muscle in the body- the heart.

The key to achieving fitness goals is to adhere to a fitness program. The ZUMBA program is so easy and enjoyable that people can't help but want to do it again and again. The more you participate in the ZUMBA program, the better you feel. When you see your body beginning to change, you are motivated to keep coming back. These positive results add to the reasons why ZUMBA classes are always full – students quickly learn that a ZUMBA class is so easy, effective and exhilarating that anyone can do it. This party is, indeed, great for the mind, body and soul!

Come take an exciting fun filled class to sweat off those calories. Listed below are the following times I am teaching classes:

Monday, 6:30 p.m. at Tim's Total Fitness on Linda Dr in Byron (\$8.00 a class for non-member)

Saturday, 8:15 a.m. at Ms. Patricia's on Main St in Byron (\$6.00 a class)