

## Zumba®

**Perfect For** everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

**How it works:** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

**Benefits:** A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**Instructors:** Joanne Britton [joannebritton.zumba.com/](http://joannebritton.zumba.com/) & Tressa Giordano [tressag.zumba.com/](http://tressag.zumba.com/)

## Zumba® Kids

**Perfect For** our younger Zumba® fans! Kids 7-11 years old get the chance to be active and jam out to their favorite music.

**How it works:** Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps; add games, activities and cultural exploration elements into the class structure.

**Benefits:** Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

**Instructor:** Tressa Giordano, [tressag.zumba.com/](http://tressag.zumba.com/)