

Fitness Focus...Join The Party - Zumba

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Can you sweat, have fun, and burn calories all at the same time? You can at a Zumba fitness class. Zumba is a dance based group fitness class, incorporating different Latin dance moves which are choreographed to Latin dance music. You can experience an aerobic workout, which integrates interval training through the different types of dance rhythms. But most importantly, you are doing all of this while at a party, a fitness dance party.

I first experienced Zumba in New York at ECA, an annual fitness conference, in 2009. I had heard of the class, but had never experienced one. Being curious and always wanting to keep up to date with the latest fitness trends I decided to take a master class being offered. But boy, did I luck out; my first Zumba class was taught by the creator himself, Beto Perez. I really didn't know what to expect, other than we were going to dance, which I love, but had never done any type of Latin dancing before. The music started and Beto took the stage to lead some 200 plus people through his Zumba class. While I didn't quite master every Latin dance rhythm, I had a blast and burned a ton of calories.

The most interesting thing to me about the class was Beto didn't say a word during the whole class. Yet, all 200 plus people in the class were able to follow him. Being a group exercise instructor myself I found that very intriguing. As I stepped back and watched the class for a minute, it wasn't like a regular group fitness class; it was more like watching a scene at a night club. And Beto was like John Travolta in Saturday Night Fever. Everyone was just having fun and joining the party.

Zumba was created in the early 1990's by Beto Perez, a group exercise instructor and Latin dance choreographer in Columbia. Perez moved to Miami in 2000 and decided to try and live the American Dream with his new fitness class. In 2001 Zumba Fitness, LLC was created and today Zumba is being taught worldwide and is the one of hottest fitness trends. In addition to Zumba, Zumba Fitness offers Zumba Gold for seniors, Zumbatomic for Kids, Zumba Toning, and Aqua Zumba. All of these class formats promote fitness, but most importantly, to have fun while doing it!

During a Zumba class you will work the whole the body: arms, legs, glutes, core and the heart! While Zumba is aerobic exercise, meaning you will burn calories and fat, it also incorporates toning movement without lifting weights. You don't have to be a dancer or have any background in dance to participate in this high energy class. You just have to want to have fun and love a good party!

Check out www.zumba.com to find a Zumba instructor and class in your area.