

ZUMBA FITNESS at the Baker School of Dance

Andrea Leahy, licensed Zumba instructor

\$80 for 10 weeks, drop in for \$10 per class

Mondays at 1pm

ZUMBA combines high energy and motivating music with unique moves and combinations that allow the **Zumba** participants to dance away their worries. It is based on the principle that a workout should be “FUN AND EASY TO DO”, so participants will stick with the program and achieve long-term health benefits. **Zumba** not only energizes your body, it is also great for your mind...it is a “feel good” workout!

Zumba is a fusion of Latin and International music; dance themes creating a dynamic, exciting and effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. The interval training maximizes caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

