

Zumba Fitness with Jan Keryluk **"Ditch the Workout & Join the Party"!**

Zumba is Latin-inspired, dance-fitness class that incorporates Latin & International music and dance movements. This class format integrates some of the basic principals of aerobic, interval, and resistance training.

Zumba creates a party-like atmosphere that provides a non-intimidating opportunity for non-dancers, new exercisers, or those who have previously hesitated to participate in group classes. It's exercise in disguise!

Elements of Zumba

1. **MUSIC!** – Zumba's primary focus on music is the key to the fun. Zumba does not follow 32 count phrasing but instead the movements follow the different parts of the song. Listen, feel and follow the music.
2. **ZUMBA STEPS** – Choreography is created by starting with a basic step. Arm variations are added. Fitness variations can also be incorporated. Variety is also added with directional changes, rhythm and beat variations.
3. **CHOREOGRAPHY** – Dances follow the structure of the song and the same movements are done during the same parts of the song. Recognition & repetition!
4. **CUEING** – A combination of advance verbal, visual and music-based cuing can be used.

Latin & International Rhythms – the fusion of different music styles in this workshop include Salsa, Cumbia, Merengue, Reggaeton, Calypso and Belly Dance.

Zumba Instructors' Network (ZIN)

- Optional participation after you have completed the Zumba Instructor Training.
- Provides a support network and the opportunity to promote your classes online.

*** For more information about Zumba Fitness: www.zumba.com

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