

# Zumba



## **WHAT IS IT?**

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.

## **WHAT WILL I DO?**

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. You don't need to know how to dance to take Zumba. Our easy choreography repeats and is easy to remember!

## **IS IT FOR ME?**

Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

## **HOW OFTEN SHOULD I DO IT?**

With this class the more the better! The core section is often the hardest to improve upon, therefore the more we work it the better. Unlike other classes this class is not high in cardio and can be easily combined with other classes. How you feel is your best judgment of your body's recovery requirements between workouts.

**\*\* Don't forget your water bottle! \*\***

Classes have limited spacing be sure to check the online sign in before you come!

Boundless Gymnastics  
[www.boundlessgym.com](http://www.boundlessgym.com)