



Is the dance craze that is taking over the World! They say, “Ditch the workout & join the party!” Well it sure is a party! You have to love Zumba!! With all that it offers..The rhythm of Brazilian and hip shaking beats, great for cardio and weight loss, this is one time in your week when you can totally let loose, laugh and experience the freedom and fun that is Zumba!



What to Wear:

Foowear - Runners or Sneakers

Clothing - Non-Restrictive clothing, something you would wear to the gym eg. Track pants, shorts or tights, lycra leggings, singlet, T-shirt or sports top