

About the Zumba® Program



ZUMBA®
FITNESS

Zumba® has grown in popularity in the United States in the past decade and has become one of the most requested fitness classes at gyms around the country. Zumba® fuses Latin rhythms and today's popular music with fun dance steps (salsa, cumbia, meringue, samba, hip-hop and more) combined with basic fitness moves that are easy to learn and fun to do.

You do not need any dance experience to enjoy Zumba®. This total body workout utilizes the interval training concept by using easy-to-follow dance moves, alternating between slower then faster rhythms. Each class is like going to a party, because you are having so much fun. It's simple, it's easy, and it's effective! Zumba® will get you in excellent cardiovascular shape as you scorch calories and tone your body. This is not your traditional workout so come join the party! Dress in workout clothes and athletic shoes that allow you to move comfortably and sweat.

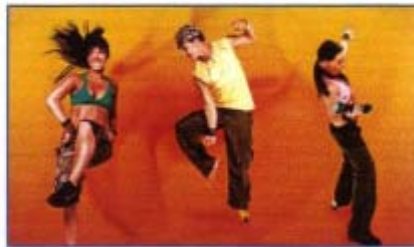
About the Instructor



Stacia George has been teaching dance and fitness for 10 years. She has taught hip hop to all ages as well as cardio kickboxing, strength training, Step and Zumba®. Her love for hip hop inspired her to start the dance team at Placer High School 9 years ago. She was trained by the American Aerobics and Fitness Association and has a passion for combining fun ways to workout with uplifting, energetic music.

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The Zumba® Program was created in the mid-90s by Colombian native, Beto Perez. Inspired by the traditional cumbia, salsa, samba and meringue music he grew up with, Beto paired his favorite Latin rhythms with red-hot, international dance steps. **Visit www.zumba.com for more information on the program.**