

# ZUMBA



# PARTY!

Zumba is an international dance fitness program which combines upbeat Latin and world dance rhythms, e.g. merengue, salsa, and cumbia, with low impact aerobics.

Each 60-minute class uses the interval training principle, alternating fast and slower rhythms to give participants an effective calorie burning workout that's so much fun, it doesn't feel like a workout! More than 4,000,000 students in over 40 different countries around the world are dancing, shaking, shimmying, and sweating to Zumba on a weekly basis.

Zumba is not a ballroom dance class - rather it is a high energy fitness class intended to make people smile as they work out in a party-like atmosphere.

Zumba makes fitness fun! Come join the party!

Details: Tuesdays, June 1,8,15,22,&29 (5 weeks) 5:30-6:30

Greenfield Meeting House

5 classes: \$25/person Walk-in fee: \$10/person

Please pre-register at the Greenfield Town Office

What to wear: Comfortable exercise wear , e.g. shorts, tank tops, t-shirts, etc. Shoes should be supportive and have minimal tread on the bottom, e.g. dance sneakers, cross trainers, studio shoes, any athletic shoe that allows pivoting without "sticking" to the floor.

What to bring: WATER!!! Suggested: hand towel. You will sweat.

More info: Deb Davidson at the Town Office - 547-3442 or Deb Giaimo - 563-8648

