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# Zumbajear!

## FREQUENTLY ASKED QUESTIONS

### • WHAT IS ZUMBA®?

ZUMBA is a fusion of Latin and International music and dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.

- **It's fun!** Zumba is "Exercise in Disguise." Participants are having so much fun, they don't realize they're exercising. Finally, here is a type of exercise people want to do everyday and they feel good about doing it!

- **It's different!** The music, the steps, the moves, the class, the feel...all are like no other!

- **It's easy!** Zumba is designed for everyone. Participants of any fitness level, any background or any age can start to Zumba right away. Zumba's basic steps formula makes it easy for everyone.

- **It's effective!** Zumba is a cardio-based workout with components of resistance/sculpting training to tone the entire body and achieve any desired fitness goals.

### • WHAT CAN I EXPECT @ MY FIRST CLASS?

- Expect a lot of fun with great music, great folks and two great Zumba® Fitness Instructors! Don't worry about "learning the steps or moves" - that will come in time. Just let the music take over.
- There's NO such thing as a "beginner's class" - just jump right on in!
- This is **NOT** a dance class - but a total body toning workout!
- This isn't a contest - go at your own pace. If you need to stop - then stop, walk around and sip water...then jump right back in!
- BRING A BOTTLE OF WATER, A TOWEL & THE ATTITUDE TO "GET LOOSE"!
- Wear athletic shoes with strong support -- loose, comfortable workout clothing - we're gonna make you SWEAT!

**DITCH THE WORKOUT & JOIN THE PARTY!**