



Kids



ZUMBA®

Hosted By:



8 Weeks: September 19th — November 1st

Monday 5:00 PM — 6:00 PM (Ages 6-12)

Margot, your Zumba instructor would like to share some really cool and exciting information about what we will be accomplishing in class.

ZUMBA FOR KIDS! These classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents will love Zumba because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.

The Zumba Kid's get to hear music from around the world...learn dance moves to it... freestyle and interpret the music their own way... express themselves and their inspiration...as well as participate in educational dance games!!

A little background on Zumba itself

Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive!

When anyone sees a Zumba class in action, they can't wait to give it a try. Zumba classes feature rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.