



## Zumba with “Lady P” Wednesdays at 7.15pm in the Main Hall

ZUMBA is a dance fitness class, based on Latin and World rhythms, that is fun, energetic, and makes you feel amazing.

The perfect combination of fun and fitness has made Zumba classes a world-wide phenomenon. 15 Million people take a class in over 200,000 locations spread across 180 countries worldwide.

### **Perfect For:**

Everybody and everybody! Each Zumba class is designed to bring people together to dance, have fun and exercise.

### **How It Works:**

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise.

### **Benefits:**

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious amount of fun and laughter.

Because Zumba is so much fun this is a fitness routine you can stick to. The fantastic music and simple routines will keep you returning to classes time and time again. So forget the workout, come and join the fun, lose yourself in the music and find yourself in shape.

### **Contact:**

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### **QUALIFICATIONS**

