

Zumba

Zumba...Exercise in Disguise

The principle behind Zumba is incredibly simple; get fit and have fun. There are no complicated moves to learn and you don't need the coordination of a standard aerobics class or the partner you would need for a traditional Salsa class.

A standard one hour class uses four basis rhythms based on simplified versions of salsa, merengue, cumbia, and reggaeton (mixed up with a bit of mambo, flamenco, rumba and calypso). It's a cardio based workout which also helps tone and sculpt the body. It is another great workout to add to your current routine.

**Classes Coming
Soon!**