



## ZUMBA WITH EMM

**Certified Zumba Instructor**

AT FRED ASTAIRE DANCE STUDIO, NORWALK  
15 Cross Street, Norwalk, CT 06851  
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### NEW ZUMBA FALL SCHEDULE

<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Level</u>
Monday	9.00 am	Zumba Toning	All (NEW)
Monday	6.00 pm	Zumba Fitness	All
Tuesday	10.00 am	Zumba Fitness	All
Tuesday	11.00 am	Zumba Medio	Beginners/Inter
Wednesday	6.00 pm	Zumba Toning	All
Thursday	9.30 am	Zumba Challenge	Inter/Adv (NEW!)
Thursday	11.00 am	Zumba Medio	Beginners/Inter
Friday	9.00 am	Zumba Fitness	All (NEW)
Saturday	9.00 am	Zumba Fitness	All
Saturday	10.15 am	Zumba Toning	All
Sunday	9.00 am	Zumba Fitness	All (NEW!)
Sunday	10.15 am	Zumba Toning	All

### CLASS DESCRIPTIONS

ZUMBA FITNESS eliminates the “work” from “working out” by combining amazing, irresistible Latin and international music with dynamic, yet simple exercise moves, using its unique interval training format to help participants get fit in a party-like atmosphere. Zumba combines dance and fitness moves for cardiovascular health, toning and strength building. Zumba is fun, effective, simple and unique! It is a “feel-happy” workout.....be prepared to sweat!

ZUMBA TONING is an exciting Latin inspired, dance ‘n tone program! This exciting new class takes your Zumba experience to the next level! Zumba Toning is an innovative muscle training program with the addition of light hand held weights (1lb to 2lbs is recommended). Overtime this challenging workout helps in building coordination and muscle endurance. This program is assured to provide the participant with a safe and effective, re-defining total body workout! Zumba Toning is fun, different, challenging and effective and provides for the participant, a new avenue to weighted activity.

ZUMBA MEDIO is perfect for anyone seeking a low-impact, easy to follow, safe, well-paced, effective and fun workout! This class is for anyone of any age, the beginner participant, the active older adult and anyone needing modifications for a successful class. You will sweat off the pounds to the fun Latin beat while dancing and moving in a lower impact Zumba style! Join us and turn exercise into a Party!

ZUMBA CHALLENGE is for those seeking to get a bit more “oomph!” out of their workout! This is where fitness meets fun with heart pumping dance moves! Zumba Challenge combines 45 minutes of Zumba and 20 minutes of Organized Group Action work! Class is High on Energy and Big on Fun! This is a fitness class you will not want to miss! Ditch the workout.....join the Party!

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