

Zumba® Fitness for the Active Adult

with Kesha Dawson



Introduction

Zumba® is changing lives! People all over the world have found out about the fun Zumba® has put back into exercise and have ditched their normal routine to try something new. Women and men of all ages are coming together to enjoy a thrill-packed hour of Latin rhythm and moves that are designed to be easy to do.

What's Zumba®

It's a party! Zumba® fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO!

This exhilarating one-hour routine features interval-training sessions where moderate and slow rhythms and resistance training are combined to tone and sculpt the body while burning fat. Add some Latin flavor and International zest into the mix and you've got Zumba!



Zumba® and Zumba® Fitness were created in the mid-90's by Colombian native Alberto "Beto" Perez, a celebrity fitness trainer and choreographer for International pop superstars. Inspired by the traditional cumbia, salsa, samba and merengue music he grew up with, Beto paired his favorite Latin rhythms with the red-hot international dance steps his clients loved and Zumba® Fitness (Spanish slang for "to move fast and have fun") was born!