

ZUMBA INSTRUCTOR: Katherine Woodgate

www.zumbamania.co.uk

Tel: 07787 515584



Dance to a different beat with ZUMBA® . Latin America's latest dance craze is so infectious you won't even notice you're exercising...

Zumba® is a latin inspired dance workout which fuses hypnotic rhythms with easy to follow moves to create an enjoyable fitness class that will keep you coming back for more.

The principle behind Zumba is incredibly simple: **Get Fit, Have Fun. That's it!** With Easy to follow moves, you don't need the co-ordination of a standard aerobics class – or the partner you'd require for a traditional salsa class. And the music is so infectious that you hardly notice you're exercising!

The routines feature interval training sessions where fast and slow rhythms and components of resistance training are combined to tone and sculpt your body whilst burning fat.

A standard one-hour class uses four basic rhythms based on simplified versions of salsa, merengue, cumbia and reggaeton (mixed up with a bit of mambo, flamenco, rumba and belly dance).

7 Good Reasons to take up a ZUMBA Fitness Class:

1. It covers Aerobic, Interval and Muscular Strength Exercise.
2. Increases strength, co-ordination and flexibility.
3. Improves balance and posture.
4. Designed for people of all fitness levels to participate in as they can self-adjust their level of intensity to fit their needs.
5. It's a great way to lose weight and can tone and improve your physical appearance.
6. It builds on your confidence and self-esteem
7. It is FUN and is great for mind, body and soul!

Classes with Katherine Woodgate:

The Old Reigatians RFC, Park Lane, Reigate:

Tuesday 7:15pm – 8:15pm

Wednesday 9:30am – 10:30am

Sovereign Youth and Community Centre, Slipshatch Road, Woodhatch:

Wednesday 7:30pm – 8:30pm

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or visit ZUMBA.com