

## Classes & Activities – Information Sheet

### Zumba – SPR2020

<b>Category:</b>	Adult 18+ years
<b>Day(s):</b>	Sundays and Thursdays
<b>Dates:</b>	Thurs 9 Jan – 30 Apr (exc 9 and 16 Apr) Sun 12 Jan – 26 Apr (exc 2 Feb and 12 Apr)
<b>Time:</b>	10am – 11am (Thursday) 11am – 12pm (Sunday)
<b>Class size:</b>	Up to 25
<b>Student Fees:</b>	£6 per session
<b>Venue:</b>	Norden Farm Centre for the Arts
<b>Tutor:</b>	Annet Bowler

### Course Outline:

Zumba is the latest dance fitness craze sweeping the nation! Using Latino rhythms such as Salsa, Cumbia and Merengue, this full-on 60-minute workout feels more a party than an exercise class! The class is suitable for all fitness levels and beginners are welcome.

Zumba with Annet is a fun easy to follow dance base class. Get fit and exercise in disguise to uplifting Latin rhythms. This 60 minute class feels more than a party that exercise class. It suits all levels of ability and beginners are very welcome. Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility boosted energy and a serious dose of awesome each time you leave the class. Zumba can help make you feel happy, healthy, strong, amazing, sexy, unstoppable and confident.

### Aims and objectives:

#### 1) It's fun.

The more you enjoy your exercise routine, the more likely you are to stick with it. Many people say they have so much fun dancing that they forget they are actually exercising.

#### 2) Great for weight loss.

Zumba is a powerful exercise with a 600 to 1,000-calorie burn in just an hour.

Tones your entire body. You may feel sore in places you never knew existed, but it gets results. Zumba targets lots of different muscle groups at once for total body toning.

#### 3) Boosts your heart health.

You not only get aerobic benefits (it really gets your heart rate up), you also get anaerobic benefits – the kind that help you maintain a good cardiovascular respiratory system.

4) Helps you de-stress.

Turning your attention to dance, and away from the daily grind, is a great way to relieve stress. Studies show that exercise is very effective at reducing fatigue, improving alertness and concentration, and enhancing overall cognitive function.

5) Improves coordination.

In Zumba, your arms and legs are generally moving in different directions, so it requires a good deal of coordination. Repeated practice improves coordination and helps you feel more comfortable moving your body.

6) Makes you happy.

Every time you exercise, you release endorphins, which trigger positive feelings throughout the body.

7) Zumba helps to increase balance

8) Increased energy in your daily activities

9) Increased endurance during your exercise routine.

10) Lower resting heart rate and blood pressure

11) Healthier body weight

**Are there any other costs? Is there anything I need to bring?**

No additional costs.

It's advisable to bring a bottle of water to the class. Cool and comfortable clothing is best, as one wears to the gym, plus (dance) trainers.

**Tutor biography:**

Annet has been teaching ZUMBA since July 2009 and she is qualified to teach Zumba Basics, Zumba Sentao, Zumba for children, Zumba Gold, Hatha Yoga and Exercise to Music

**To book please contact: Box Office on 01628 788997 / [www.nordenfarm.org](http://www.nordenfarm.org)**

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