



Cashel Community School

Adult Education Programme



Course Description: Zumba

Zumba is the ultimate party fitness class. Since its inception in 2001, Zumba has grown to become the world's largest and most successful dance-fitness program. It uses some of the common steps from aerobics, including lunges, kicks, squats, box steps and jumping jacks, but is usually faster paced, and a lot more varied.

Zumba choreography also incorporates dance influenced from hip-hop, salsa, samba, and mambo, and can even have martial arts, belly dance and Bollywood moves. Routines change with each song, making it a lot more exciting. While some rhythm and coordination are useful, you don't have to be particularly skilled to still get a good workout and have lots of fun.

There will be sweat involved, but Zumba is exercise in disguise - you're sure to have fun, while burning calories. Be sure to bring a towel, a bottle of water and a sense of fun to each class!

- Mind and body wellness
- Easy to follow
- Calorie burning
- Dance fitness party
- Feel the music and let loose