



**Norcross Social Club 12 till 12.30 Tuesdays, and Thursdays  
£1 per session!**

**Why not give it a go!**

Ditch the routine,



Join the party!



Join the millions of people that have  
decided that having fun and working  
out are not mutually exclusive.  
Join those who'd rather have a blast.  
Join the party!

## ABOUT ZUMBA

Lets face it, working out can be healthy, rewarding, beneficial... working out can be lots of things, but it's never been known to be much fun... **UNTIL NOW!**

Zumba fuses **hypnotic musical rhythms** and **tantalizing** moves to create a dynamic workout system designed to be **FUN and EASY TO DO!**

Our goal is simple: We want you to want to work out, to **love working out**, to **get hooked**. We want you to integrate Zumba into your life so that you may achieve long term benefits while experiencing **an absolute blast** in one exhilarating hour of **caloric burning, heart racing, muscle pumping, body energizing movements**.

The routines feature Interval-training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some **Latin flavor and International zest** into the mix and you've got ZUMBA!

In the past years Zumba has become nothing short of a **revolution**. Coining the concept of a **"fitness party"** and making fitness fun, Zumba has spread like wild-fire, and has positioned itself as the **single most influential movement in the industry of fitness**.

As of February 08, Zumba Fitness has **11,000 certified Instructors** in **thirty-five countries** teaching over **2 million devoted student** on a weekly basis, and has sold a whopping **3 million DVD's**.

Why? Because it's the best party around.



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# About

- ✓ Zumba® is fun...it's the type of exercise you'll want to do everyday and feel good about doing it!
- ✓ It's different. You probably never thought you'd be exercising to this type of music.
- ✓ It's effective. It is an aerobic workout, which we all know works. But it's more fun, which will make you stick with the program until you get results.

Lets face it, working out can be healthy, rewarding, beneficial working out can be lots of things, but it's never been known to be much fun UNTIL NOW!

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!