

ZUMBA

"Joy is the energy that comes to me when I dance and the energy I transmit when I teach dance. It's fully contagious!"

About the Class

This 8-week class is designed for those who want a great fitness workout through various dance styles. The classes are based primarily on Latin dance moves and Latin music. The class is said to transmit the energy of freedom, sovereignty, and pure joy. Those who have taken this type of class before say it is a joyful therapy to them.

Meet your instructor Marmar

Marmar has been teaching various dance styles and group fitness classes for 25 years. Dancing, making choreographies, and teaching dance has always been and remains one of her biggest passions today. She has performed professionally at numerous stage shows, weddings and other venues and has used dance and movement as a healing modality for herself and others. Marmar's main goal is for her students to have fun.

Equipment Required

Equipment: A towel & water bottle

Space: Minimal space (approximately 6 feet sq)



SPORT. EDUCATION. PRIDE.

RSEQ

GMAA

COURSE OFFERED AS PART OF THE GMAA LET'S MOVE - VIRTUALLY PROGRAM