

Top 10 reasons to *Zumba*

You will:

1. Lose 800-1000 calories in an hour
2. Fit fun into a busy schedule
3. Reduce stress, clear your mind
4. Burn fat, maintain healthy weight
5. Build endurance and coordination
6. Increase circulation and flexibility
7. Strengthen your heart and lungs
8. Tone muscles
9. Practice dancing, gain confidence on the floor
10. Explore your creative side express yourself through movement