

Zumba

What Is Zumba?

Zumba is a popular fitness program inspired by Latin dance. The word "Zumba" comes from a Colombian word that means to move fast and have fun, which is just how people describe the routine. Using upbeat Latin music together with cardiovascular exercise, Zumba is aerobic dancing that is lots of fun and easy to learn.

Is Zumba Good for Weight Loss?

Zumba seems to be an optimal fitness choice, mixing cardio intervals with resistance training. Many experts believe that an interval/resistance combination maximizes caloric output, fat burning, and total body toning. Zumba mixes effective body sculpting movements with easy-to-follow, fun dance steps. People seem to forget about working out during a Zumba session, allowing them to exercise longer, and burn even more calories.

What's a Zumba Class Like?

A typical Zumba session lasts about an hour and incorporates several dance styles, including cumbia, merengue, salsa, reggaeton, mambo, rumba, flamenco, and calypso and Salsaton. The Latin music includes both fast and slow rhythms, allowing for a great cardio workout as well as body sculpting exercises. Depending on the instructor, you may even get a taste of belly dancing or hip-hop dancing, too.

Is Zumba for Me?

If you enjoy high energy, motivating music, and like to try unique moves and combinations, Zumba may be your ticket to fitness. With thousands of Zumba instructors worldwide, locating a Zumba class should be easy. If you'd rather stay home and exercise, DVD's and videos are also available for purchase.