



## ZUMBA Classes are coming to Yarrabah!

### What is ZUMBA?

ZUMBA is a fitness program that combines dance and fitness moves inspired by Latin/International dance & music. Zumba uses a variety of styles in its routines including Cumbia, Merengue, Salsa & Reggaetón. Music selections include both fast and slow rhythms to help tone and sculpt the body. The class starts with a warm up, we dance a bit, then we finish with a cool down stretch.

### Sounds great doesn't it!

#### How to prepare for your first ZUMBA class:

- You must wear Sneakers to class. No thongs, sandals, boots or stilettos!
  - Wear comfortable activewear that will move and stretch with you.
  - Bring a bottle of water as you'll be moving a lot and will get thirsty.
  - Bring a hand towel to wipe your brow (you're going to sweat!)

#### Tips:

- Have fun and don't worry if you haven't danced in a long time or not danced at all! Just let your hair down!
- Instructor faces Participants. Class is done in mirror image eg Instructor goes left, participants go right.
- Instructor cuing is Visual. Using hand/arm movements etc. (which the participant doesn't need to do, just follow). Occasionally she'll yell out the name of moves or "woohoo"!
- Moves repeat throughout a song and you will get the gist soon enough. eg. Grapevines, salsa steps, v steps etc. Music will be loud-ish.
- If you can't work out what the Instructor is doing, simply march on the spot and catch up when you're ready.
- Sometimes it takes a few classes to get the hang of it, but that's okay, the class is for fun and you are not being tested. Playlist will stay the same for a few weeks so you get used to the choreography.

Note: Class can be done from a seated position.

#### About the Instructor:

- Michelle has 14 years' experience as a Fitness Instructor and 8 years a Zumba Instructor.
  - She is all about making exercise FUN, not a chore!
- Has a son who has Autism, Intellectual Disability and is Non-Verbal who attended Yarrabah from EEP to Seniors, graduating with the Class of 2019. He is now 20 and attends a local Disability Day Program. ZUMBA came at the right time for Michelle to get her mind off the emotional and stressful times of being a Carer.

Michelle's Facebook Page: <https://www.facebook.com/ZUMBA-Michelle-Bayside-Vic-104175811746343>

Michelle's Zumba.com Page : <https://www.zumba.com/en-US/profile/michelle-dixon/617961>  
**Yarrabah ZUMBA : Wednesdays 9.45am to 10.30 School Terms**  
**In Playroom inside the Multi Purpose Building**

