

# Zumba® at Shine Dance Studio

Thursdays at 7:30 p.m. Starting May 6

With Zumba® Master **Allison Santana**

*Special Introductory Offer \$10 per Class or \$90 for Ten Sessions*



Zumba® is a Latin inspired dance-fitness class. It incorporates Latin and world styles of music creating a dynamic, exciting and effective fitness system! The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt while burning fat.

#### Who is Zumba® designed for?

Zumba® is designed for everyone, no dance or fitness experience necessary. People of many different ages, body types, backgrounds, dance and fitness levels all come together to have fun and get into fabulous shape with Zumba®. The movements in our classes are simple, repetitive and easy enough for beginners to follow, yet challenging enough for advanced participants.

#### What do I need to Zumba®?

A smile and positive energy; and bring bottled water and a towel if needed, burning 300-1000 calories can be pretty sweaty!

#### I can't dance will I still be able to Zumba®?

Yes! Zumba® is suitable for dancers and non-dancers alike. Zumba® creates a party-like atmosphere that provides a non-intimidating opportunity for non-dancers and new exercisers to participate in group exercise. **Remember, Zumba® is not a dance class, it's a complete cardio / toning dance fitness program that will be sure to blow you away with its calorie burning, body energizing, awe- inspiring movements!**

### Shine Dance Studios – East Setauket

15 South Jersey Avenue (Behind yellow house, directly across from Tutor Time)

631-675-1949

For more information e-mail Zumba® Master Allison Santana at [zumbasantana@gmail.com](mailto:zumbasantana@gmail.com)