



Featuring



Tips For First-Time Groovers

1. **HAVE FUN!** Enjoy the music and the freedom of movement.
2. **Please remember that it takes a while to master anything new.** Do not get discouraged or overwhelmed if you can't get the steps the first time. After 2-3 classes, you will start to remember the basic steps.
3. **There is no need to be perfect or feel self-conscious.** People often worry about not having rhythm or feeling uncoordinated. If you like dancing, just come as you are and enjoy yourself. Nobody is judging.
4. **You don't have to move like the instructor!** Just move how you are comfortable and soon you'll find your own style. Keep in mind that your instructors have spent hours practicing the same songs over and over again so that you can follow the steps.
5. **If any of the steps hurt, don't do them!** Find an alternative move or modify the moves that don't feel good. It is always a good idea to let your instructor know if you have an injury so that she can give you some modifications to avoid aggravating your injury. No one knows your body better than you.
6. One thing you're sure to notice in ZUMBA class is that there is rarely any verbal cueing or instruction. The reason for this is because ZUMBA is about feeling the music, not counting steps or being on the right foot. ZUMBA is a party!
7. **Take a break when you need one.** To keep the party going, we usually don't stop the music but that doesn't mean you can't take a break. Get water or towel off anytime and then get right back to the party.
8. If you want to find a happy place, find a ZUMBA class. It will make you smile, laugh, sweat and feel good. You may possibly get your sexy back!!

A final word about shoes: Zumba Fitness recommends that you wear cross-trainers or other aerobic style shoes. They provide the cushion and medial lateral support needed for side-to-side movements. They also have low-traction rubber for easy sliding and turning. Running shoes are NOT recommended since they have a lot of traction. Nike, Reebok and Ryka make several styles of "dance" shoes for women. You can identify them by the flat circle on the ball of the sole under the big toe. Zumba Fitness also sells Zumba shoes on their website: www.zumba.com.