

# What is ZUMBA?

**ZUMBA** is a dance-based workout that's more fun than traditional exercise. With upbeat music and easy-to-follow moves, **ZUMBA** isn't just exercise - it's energy, music, and fun rolled into one!



## Why Try ZUMBA?



Burns fat while toning your body.



Improves balance and body coordination.



Enhances lung function and breathing capacity.



Boosts heart health and strengthens your cardiovascular system.



Lifts your mood and supports both physical and mental wellbeing.



Try a YouTube video - solo or with a friend



## HOW TO GET STARTED:



Join a Zumba class near you



Gather classmates, uni buddies, or work colleagues for group sessions at least 2-3 times a week

