

What Are Your Friends Saying About Zumba Class?

Things I love about this class:

The combination of cardio and strength exercises. —C. Age 25

It is FUN! —K. Age 43 All ages can participate.—D. Age 72

I don't have to be perfectly in step or have all of the moves down.—J. Age 58

It is a BLAST! —C. Age 23 Having fun WHILE exercising!—A. 56

Friendships with other students, location is awesome and I like meeting new people.—S. 61

I LOVE that everyone can work at their own pace and there are Beg, Int, & Hard levels.—K 26

Benefits I have noticed from taking Zumba Toning + Core:

I feel less stressed out and I am more toned.—S. Age 51

I have SO MUCH MORE ENERGY and have met AMAZING people!—K. Age 26

ENDORPHINS!!—J. Age 39 I always feel happy after class!—M. Age 57

No more jiggly arms and my whole body is more toned.—T. Age 60

Learning how to dance.—C. Age 24 MUCH MORE ENERGY!—L. Age 36

My stamina has increased and I am more toned in my arms and legs.—J. Age 58

I recommend this class to my friends because:

It's so much fun!—C. Age 25 Class is filled with super nice people!—J. Age 58

Instructor is patient, loving and easy going.—J. Age 39 It's REALLY FUN!—D. Age 29

We have a great time!—R. Age 30 Make new friends and love the instructor!—S. Age 51

Instructor is great and you can go at your own pace.—T. Age 60

It's high energy, fun and no one judges you!—K. Age 26 It's easy, anyone can do it!—A. 37

How long have you been taking the class and why do you come back?

3 yrs and I come back because I love Rachel. She is an amazing teacher.—K Age 26

4 yrs. The instructor is helpful and accepting.—K. Age 35

6 yrs. I enjoy working out with others, it really motivates me.—T. Age 60

1 1/2 yrs. I love the people and no one judges me.—C. Age 24

2 yrs. I come back because it is so much fun! —D. Age 27

3 yrs. I do better with a commitment. I like Rachel's teaching style. New music.—J. Age 58

6 yrs. The energy of the class keeps me going. I always feel better when I'm done.—K. Age 46

Zumba meets Wednesdays at 5:15. Register with Rachel at rczys1@yahoo.com