



Zumba Parties & Semi-Private Zumba Classes

Zumba is the hottest fitness craze right now, so gather a group of your friends and book a Zumba party or a semi-private class!

What is Zumba?

Zumba is **different, effective and fun** - which will make you stick with the program until you see results. You won't even feel like you're exercising!

Zumba fuses Latin rhythms and easy-to-follow moves to create a dynamic and fun fitness program. This is unlike any other workout you've tried, and that's the point - the program is designed to make you love exercise. You'll get an effective aerobic workout that will keep you coming back for more!

*“Ditch the
workout,
join the
party!”*



Class Format:

Each class is **one-hour** of caloric-burning, body-energizing movements.

The Zumba routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Kate Mellecker is a certified Zumba instructor. For pricing and more information:
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