

# ZUMBA & ZUMBA TONING with CARMEN LA SERNA THURSDAY NIGHTS @ 6:30PM BEEKMAN RECREATION CENTER

Zumba - combines Latin and International music with a fun and effective workout system. Zumba involves dance and aerobic elements. Zumba's choreography incorporates hop hip, soca, samba, salsa, merengue and mamba. Squats and lunges are also involved.

Zumba Toning - Combines targeted body-sculpting exercises and high energy cardio workout with Latin infused Zumba moves to create a calorie-torching, strength-training dance fitness party. Using Zumba toning sticks or light weight dumbbells, you'll work energy muscle group while you groove. Along with light weight upper body resistance, you'll work against gravity on the floor to define your leg and ab muscles.

**You do not need any dance experience to take a Zumba class. The key to keep moving and have fun. There is no judgment in my class!!! Only requirement is to enjoy the music and dance like no is watching.**

The class is 50 minutes long. The first 25 minutes includes a warm up song and Zumba routines. The following 25 minutes are Zumba Toning routines and a cool down song. You can do the Zumba Toning class without weights if you wish to do so.

If you have any questions I can be reached at 914-844-5137 or [zumbawithcarmen@hotmail.com](mailto:zumbawithcarmen@hotmail.com)

