

Zumba

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Day/Time: TBC
Duration: TBC
Tutor: TBC
Fee: €TBC

Course Description

Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that's moving millions of people toward joy and health. It combines dance and aerobics has become the world's largest – and most successful – dance-fitness program.

Zumba uses some of the common steps from aerobic, including lunges, kicks, squats, box steps and jumping jacks, but is usually faster paced, and a lot more varied. Routines change with each song, making it a lot more exciting. Zumba choreography also incorporates dance moves influences from hip-hop, salsa, samba, and mambo, and can even have martial arts, belly dance and Bollywood moves.

While some rhythm and coordination are useful, you don't have to be particularly skilled to still get a good workout and have lots of fun. There will be sweat involved, but Zumba is exercise in disguise - you're sure to have fun, while burning calories.

Despite it's dance influences, Zumba is an exercise class, and you should wear cloths which are suitable to work out in. A good pair of trainers and a decent sports bra are recommended, along with tracksuit bottoms (or similar) and a tee-shirt. Be sure to also bring a towel, a bottle of water and a sense of fun to each class!

Enrolment Details

Courses will only be run if there are sufficient enrolment numbers. Course enrolment for a particular course may only be secured by full payment of course fee. Fees are strictly non-refundable unless the school decides not to run a course, in which case all fees will be refunded by post or directly to your credit card.

You can enrol online at www.adultedtiernans.ie, over the phone (087 2235741 / 01 2953224), in person at one of our enrolment evenings (11th and 12th September) or by post.

Cheques should be made payable to St. Tiernan's Community School and should have your bank card number on the back.

The school and its management accept no responsibility for loss or damage to the property of students, including vehicles on the grounds.

