



Zumba®

Zumba® is a Latin dance-inspired workout that has become the #1 fitness craze internationally! It's so fun and appealing that it's often called "exercise in disguise". Created by Colombian dancer and choreographer; Beto Perez, Zumba® uses interval training sessions where fast and slow rhythms are combined for routines that tone and sculpt while burning fat. Zumba® uses Latin, African, Indian & American Hip-Hop music to keep the dance lively. No previous Zumba® experience needed.

Leader: Kelly Spivey (HR) Kelly got hooked on Zumba® in 2009 and became a licensed instructor in June 2010. As a mom of two preschoolers, she not only lost her "baby-weight" but has also gained energy, stamina and strength by exercising with Zumba®. Kelly led an employee demo team in the "San Jose's Got Talent" event in Oct. and is thrilled to bring Zumba® to more employees!