

# **FREQUENTLY ASKED QUESTIONS:**

## **What should I wear to a Zumba® class?**

Comfortable and lightweight athletic clothing such as yoga pants with a tee or tank and a good sports bra. You'll also want to wear shoes that support aerobic activity, while providing flexibility for lateral movement. I personally wear a dance fitness shoe. There are also dance sneakers on the market, but a cross-trainer or court shoe will also work fine. Running and walking shoes can often have thick rubber tread and provide very little support for lateral movement. Find out your specific need and wear the proper shoe for you, this will provide a better workout and decrease your chances of injury.

## **What should I bring to class?**

Bring bottled water and a towel if needed, burning 300-1000 calories can be pretty sweaty!

## **Is it important that I know how to dance?**

No, Zumba® is designed for everyone, no dance or fitness experience necessary. People of many different ages, body types, backgrounds, dance and fitness levels all come together to have fun and get into fabulous shape with Zumba®. The movements in our classes are simple, repetitive and easy enough for beginners to follow, yet challenging enough for advanced participants. If you get stuck on a step, remember to simply keep moving and as long as you are moving you're doing well! You'll notice remarkable improvement with dance skills, rhythm, coordination and endurance even after a few classes. Repetition is key to success, so attending class regularly will help you in mastering the steps and achieving long lasting results!

## **Do you have beginner classes, because I'm concerned that I have no rhythm and I'm afraid that I'll look silly or embarrass myself?**

Yes, we offer a [ZUMBA® GOLD](#) class which is designed for beginners, older active adults and anyone needing modifications. In our regular Zumba® classes we follow the authentic Zumba® format, which allows for a multi-level class. You'll see a mix of ALL dance and fitness levels, from the beginner, intermediate and advanced fitness participant to the dance professional. Trust me, you are not going to look silly or embarrass yourself, because you are not expected to move like anyone but you! No one will judge or critique your dance moves or fitness skills. The most important things to remember while participating in a Zumba® class are to let go, allow yourself to move naturally to the music, keep moving and to have fun! Dances which may incorporate more intricate steps are reviewed until all are comfortable.

## **I have issues with my knees, can I still participate?**

Yes, Unfortunately knee issues are very common, but Zumba® is a low-impact, high-cardio workout, allowing even those with knee issues to safely participate. Safety during any physical activity, is very important, so make sure your doctor supports your participation. Once given the OK, you must inform our instructors of your specific physical limitations. Whenever possible you'll be shown modifications, but you should know your body. Most importantly, remember to set and maintain your own pace and if something doesn't feel right, simply don't do it!