



## YOUR FIRST CLASS

Just a few quick items in preparation for your first Zumba® Fitness class.

If your question isn't answer below please send us an email and we will get back to you ASAP.

Zumba classes cater for all levels.

- The class will be approx 45 to 55 minutes.
- You will start with a warm up, then the party really begins and the intensity will build, finally there will be cool down to finish.
- Some steps will be easy to pick up and some may challenge you, however you will get them if you persist. You could even try the much slower Gold Class which is for the Active Older or Beginner.
- Your knowledge of the routines will increase over the weeks as your fitness increases as well.
- Please take the class at your own pace and don't overdo it. For example if you are shown to do lunge low to the floor you can change this to a side step.
- Wear comfortable cool clothing. Gym shoes are good, especially old worn out ones so that you can swivel your feet. The right shoe may take a little while to get right.
- \*\*\*\*\*Bring a Water Bottle and a Towel\*\*\*\*\*
- Don't go too far to the back as it may be hard to see, plus no one will see you as you and everyone else will be concentrating on the next instruction coming from the teacher
- We prefer cash however you can pay by credit cards additional fees payable (you will need to attend class just a bit earlier as the first time you pay it takes a little while to process).

If you haven't enrolled and booked online you will need to fill in relevant paperwork prior to class and be given a Members Card. If you have enrolled online just let us know on arrival and we will issue you your member's card. Now you can pay for your class or this is the time to hand any paperwork over for discounts etc.

Last but not least remember to have fun and smile.

So - **Let's ditch the workout and get ready to party!**



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