

Join the Zumba® Fitness Party

Are you ready for a new fitness routine? Maybe it's time you tried some red-hot international dance steps to the infectious, pulsating Latin rhythms of Zumba®. HAP member Dawn Malek, who runs C.C. Plus Dance in Clinton Township, is a certified Zumba® instructor. "I'm always interested in new forms of dance," she says. "After learning about Zumba® and unsuccessfully searching for an instructor, I decided to get certified and teach it myself. The interest has exploded; we've expanded to 16 classes a week."

Set to a fusion of dynamic Latin and international music, the hour-long Zumba® routine incorporates aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. "Interval training is kind of a new take on dance exercise," explains Dawn. "With traditional aerobic classes, the energy level continuously rises through the entire session. I used to think, 'I can't keep up this pace for an hour!' With interval training, you do a slow set, then one that's a little faster, then a crazy fast song, and then back to a slow one again. This transition goes on throughout the entire hour of the class. Participants know that the fast song



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is high intensity, but they only have to do it for one song. Interval training has been proven to be much more effective in burning fat. It really makes a difference."

Zumba® attire is simply loose, comfortable clothing and supportive sneakers. "Even people who have never done aerobics or dance can do it," encourages Dawn. "Zumba® is for all abilities and all ages. You just watch the instructor and follow along. If you came to my class and observed 20 people dancing, you'd see 20 different styles. The Latin music makes you want to move, and with the popular dance shows on TV, everybody wants to get out there and dance! It's like a party – oh, and by the way, you happen to be reaping the fantastic health benefits of exercise!"

For those who prefer a solitary workout, there is a Zumba® DVD, but Dawn recommends a live class. "Most people prefer it; there's so much energy and excitement ... people are hooting and hollering; they really motivate one another. Mothers and daughters come; groups of friends come to party and hang out for the night. It's very fun, very cool – an awesome, awesome program."

Special Offer

At Dawn's studio, C.C. Plus Dance in Clinton Township, show your HAP card for one free first-time Zumba® class. Contact them at (586) 412-8454 for more information.

To find a Zumba® Fitness class near you, visit www.zumba.com and link to *Find A Class*.