

31 Jan 2010

Wow what a wonderful first week of ZUMBA. Thanks to everyone that has come to the classes. You have all been fabulous and I can't wait to see you again next week. Everyone is making fantastic progress with learning the dance movements and pushing your bodies to new limits. When I look out into your faces and see your smiles and sweat it gives me great joy!

Some of you have asked some really good questions this week and so I thought everyone would share them with you all as you may have been wanting to ask them too.

Can I bring my child along and how much does it cost? Participating children 12 and under are \$5 per visit. Children that would like to watch/read a book etc.. are able to spectate for free! I also teach children hip hop/street dance please check out www.kanikani.org if you are interested in finding out more.

Are you moving the classes into the city? No. The Monday 9:15am, Wednesday 6:30pm and Saturday 9:15am classes will be staying at St Johns Hall, 243 Karori Rd. I am however looking into running classes in the city/other areas so will keep you updated with that news as it comes to hand.

How much is it to ZUMBA? \$15 casual visit, \$100 10-trip concession (valid from 3 months of purchase)

I would like to bring my friend is it O.K to use my own concession? Yes:-)
Rather than your friend paying \$15 you can get her/him to pay you \$10!

How many times a week should I do Zumba? I do Zumba everyday, but then I am kind of addicted! If your goal/s are to lose weight, tone up and increase fitness then 3x a week is perfect. If you are unable to attend 3x a week then supplement a workout with some other activity. For example a run with the kids around Karori park, a walk up the hills with a friend or a peaceful afternoon of gardening.

There were 130 people at the launch, are classes potentially going to be this packed? No. It is important to me that you all have enough room to move without crashing into each other. Class numbers are limited and we keep a close eye on who has registered and what days they are looking at attending. My husband and my Dad are working hard to make us a stage so you can see my footwork clearly. This could take a few weeks as my Dad, the DIY master, lives 9 hours away and the last thing the most complicated thing my husband has built is a sandpit. Lol! As you know St Johns Hall has an upper level at the front that we unable to use at the moment because if we do the view to the front will be

blocked. Please bear with us as we sort this issue out. For now I will be swapping around the class so everyone gets a chance at being in the front. If you feel that you are squashed at the back please come to the front as there are always spare spots! If you are already at the front squish closer to me so everyone can move up:-)

What is the class format? The class starts with our warm up section which consist of two songs focused on toning and one focused on cardio. We then move straight into our dance routines, each with its different style. At the moment we are learning, merenge, reggaton, cumbia, salsa & latin pop. We always end with a cool down track and a beautiful stretch. This coming week we are adding a Krazy Cardio Warm up and the Flamenco! This coming week we will continue to preview the dance steps beforehand. In the month of February we will be releasing the ZUMBA battle! I'll be preparing you all for this very soon, so get ready!

What are the best clothes to do ZUMBA in? Chose workout clothes that are comfortable and easy to move in. Shoes should have no grip on the bottom to allow for easy foot movement. The clothes that I wear in my classes are Zumba workout clothes which have been designed specifically for ZUMBA. If you are interested in browsing the Zumba shop, [click here](#). Please note that the prices listed are in Australian dollars. If we have enough people interested in purchasing some clothes we could look at doing a bulk order which will save you postage and I think even a discount...will need to look into it more. But at this stage let me know if your interested?

Important note: Please note that this Wednesday 6.30pm class is at St Johns Karori.

Zumba Launch Video: The launch party camera footage is being edited into a little showcase and should be ready by end of next week. This will be loaded onto our facebook group. If you haven't become a friend with us yet then [click here!](#)

One last thing: Music is the single most important element in our ZUMBA class! So I want to make sure that the delivery of that music is at its very best. The sound system we are using is O.K but I would love to provide the class with a better quality and louder sound. I may have the opportunity to secure a PA system to use for our classes so fingers crossed that we are able to bring the big sound to Karori!