

ZUMBA

#3 Most Requested Class
in 2019



Power For Life Fitness
Fit Fun and Fantastic

THE OVERVIEW

Workouts don't have to be a chore. In fact, workouts don't have to feel like a workout at all. With Zumba, your residents will experience a fun, social dance party, with exercise being the biggest perk! The music is fast, upbeat and contagious, so people can't help but move.

The 60-minute class appeals to residents that are looking to move and have fun while still getting in some cardio. The classes move between high and low-intensity dance moves designed to get the heart rate up and boost cardio endurance, leaving residents feeling strong and energized.

SUCCESS STORY

At one of our garden style communities, we run a weekly Zumba class. Recently, one of the weekly regulars told the instructor she was so thankful that her community offered these classes because when she originally moved into in building she was having trouble climbing the stairs to her 4th floor apartment. In fact, the stairs were causing her so much trouble that she had been considering moving when her lease ended even though she loved the community. After attending Power For Life Fitness' Zumba classes for several weeks, she started to see serious improvement in her fitness levels, allowing her to take the stairs with no issues, which resulted in a her signing a renewed lease!

SPACE REQUIRED

Due to the party atmosphere created in a Zumba class, they require the most consideration when it comes to space. A designated space without carpet is best as dancing on carpeted areas can be bad for the knees.

Interested in adding Zumba classes to your community in 2020? Contact Power For Life Fitness today for a free consultation of your gym space. **Click HERE** to get started.

