



## Zumba

**Zumba** is a [dance fitness](#) program created by [Colombian](#) dancer and [choreographer Alberto "Beto" Perez](#) during the 1990s.<sup>[1]</sup> Zumba is a trademark owned by Zumba Fitness, LLC.

Zumba involves [dance](#) and [aerobic](#) elements. The choreography incorporates [hip-hop](#), [soca](#), [samba](#), [salsa](#), [merengue](#) and [mambo](#). [Squats](#) and [lunges](#) are also included.<sup>[2]</sup> Zumba Fitness, the owner of the Zumba program, does not charge licensing fees to gyms or fitness centers.<sup>[3]</sup> Approximately 15 million people take weekly Zumba classes in over 200,000 locations across 180 countries.

### Classes

An instructor coaches a Zumba class in a fitness center.

Zumba classes are typically about an hour long and are taught by instructors licensed by Zumba Fitness, LLC.<sup>[7]</sup> The exercises include music with fast and slow rhythms, as well as resistance training.<sup>[8]</sup> The music comes from the following dance styles: [cumbia](#), [salsa](#), [merengue](#), [mambo](#), [flamenco](#), [chachacha](#), [reggaeton](#), [soca](#), [samba](#), [hip hop music](#), [axé music](#) and [tango](#). There are nine different types of classes for different levels of age and exertion.<sup>[4]</sup> Zumba Gold is a program designed for the needs of the elderly. Zumba Step is a lower-body workout that incorporates Zumba routines and step aerobics. Zumba Toning is for the

people who do their workouts with toning sticks. Zumba Toning will target the abs, thighs, arms, and other muscles throughout the body. Zumba Toning provides participants with a cardio workout. Aqua Zumba classes are held in a swimming pool. The instructor leads the class poolside while participants follow in shallow water. Moves have been specially adapted to combine the same dance movements used in a Zumba Fitness class with those used in aqua fitness classes. Zumba In The Circuit combines dance with circuit training.<sup>[9]</sup> These classes usually last 30 minutes and feature strength exercises on various stations in timed intervals. Zumba Kids and Zumba Kids Jr. classes are designed for children between the ages of 4 and 12. Zumba Gold-Toning is a toning class for older participants with goals of improving one's muscle strength, posture, mobility, and coordination. Zumba Sentao is a chair workout that focuses on using body weight to strengthen and tone the body.<sup>[10]</sup> Zumba instructors have the option to become ZIN™ Members (Zumba Instructor Network members) to receive bimonthly training DVDs to assist with the creation of music and choreography for their personal Zumba classes.

Because Zumba offers different options, proponents of the Zumba program claim that it is safe for all ages, meaning that anyone from age 0 to 100 can participate in this form of aerobic exercise.<sup>[11]</sup> At least some of the classes are specifically aimed at elderly people, to help them build strength, improve motion and posture, and socialize.

<https://en.wikipedia.org/wiki/Zumba>