



TIPS FOR ZUMBA® FITNESS CLASS!

- **Wear the right shoes.** Don't wear your running shoes to Zumba; their thick soles are the opposite of what you need to do side-to-side footwork. It is important that you choose a pair of Zumba shoes that has not only good shock absorption, but also allows you to move lightly across the floor. Bring another type of thin-soled shoe instead, or invest in a Zumba- or dancing-specific pair. Zumba Fitness offers Zumba Fitness workout shoes. Other “dance-sneaker” brands are: Asics dance sneakers; Reebok, Capezio, and Nike. Look for the "pivot point" on the bottom of the shoe; usually a round, flat place under the ball of the foot that will allow it to turn easily.
- **Know your limits.** If a sequence gets too complicated, don't push yourself to go full force. Take a few minutes to slow down and get back on track; there'll be plenty of sweat-inducing beats for you to dance to.
- **WARM UPS & COOL DOWNS.** At **Studio Jear**, each Zumba® Fitness class begins with a warm-up and ends with a cool-down. Warm-ups are important to get your body ready and your muscles limber for the workout. A cool-down is as equally important to stretch your muscles back out and to bring the heart rate back to normal.
 - **If you arrive late to the Zumba® Fitness class** – don't just jump into class in the middle of a track. Take a few moments to stretch, especially your leg muscles!
 - **If you have to leave class early** – remember to stretch out within 30 minutes of your workout!

Zumba® Fitness is a sweat-drenching kind of workout, so check with your doctor **before** you start a class, and make sure your instructor knows if you have any specific injuries or other health conditions.

*****We want all our Zumbajerians to be safe and get the most out of their workout! Feel free to ask us if you have any questions!***

Arlene & Jerome of Studio Jear

www.zumbajear.com