

ASPEN



ATHLETIC CLUBS

WELCOME TO ZUMBA!

Working out can be healthy, rewarding, and beneficial.
Working out can be lots of things, but its never been known to be
much fun... UNTIL NOW!

Zumba, a Latin fitness class, fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got ZUMBA!

The goal is simple: We want people to want to work out, to love working out, and to get hooked. By integrating Zumba you're your workout, individuals may achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric burning, heart racing, muscle pumping, body energizing movements meant to engage and captivate for life!

In the past years, Zumba has become nothing short of a revolution. Coining the concept of "fitness-party" and making fitness fun, Zumba has spread like wild-fire, and has positioned itself as the single most influential movement in the industry of fitness. Why? Because it's the best party around. Come JOIN US!

Nicki Civitarese, Group Fitness Director,
ncivitarese@aspensathletic.com



ZUMBA®
FITNESS