

## THE STUDIO FITNESS PUTS FOCUS ON THE BEGINNERS

While it's true that Zumba® means “to move fast and have fun”, not all people are able to move to the pace of a regular Zumba® class. Because of this, The Studio Fitness® proudly offers programs with those exercisers in mind. These fitness programs, namely **Beginner** and **Medio** (intermediate) **Zumba®**, are geared to the fitness population needing a lower intensity/lower impact level. The music is the same exciting Latin-inspired rhythms of a regular Zumba® class, but the class is structured at an adapted pace. But don't be fooled, participants will still get a good sweat and workout in these modified classes.

Some people come to **Beginner level Zumba®** to learn the basic steps in Zumba®, such as Salsa, Merengue, or Cumbia. Other Beginner and Medium level participants will transition to a regular Zumba® class once they have learned the basic steps and have built their cardio-endurance level. Most, however, continue in the Beginner and Medium level classes because of the success they experience while moving at a modified pace. Of the diversity of the class participants, instructor and Vandalia resident Jennifer Robertson says, “**Beginner and Medium level Zumba®** are for the young and the young at heart. There is no age limit in the classes.” One **Beginner level Zumba®** student, Janet, age 76 says, “I love being able to move without the jumping around, and if I can do it, anyone can do it. It's so much fun!” While another **Medium level Zumba®** student, Kim, age 38 says, “I found it challenging to keep up with regular Zumba® because I wasn't familiar with the movements. I feel I get a better workout with **Medium level Zumba®** because I can attempt to concentrate on what the movements are trying to accomplish—core work, leg work, arms or shoulders. The pace allows me to concentrate on technique to gain a greater benefit. You don't have to know how to dance, and you don't have to do the steps just perfect to gain the many benefits of Zumba®.” When asked about the fun-filled atmosphere of class, Kim says, “I show up, share camaraderie with my classmates, dance away the stress and craziness, and laugh a lot. I look forward to my Zumba® days!”

The Studio Fitness has a Monday evening program called **Fresh Start Beginner level Toning/Zumba**. This program was designed for the novice strength-training student, and the moves are very basic, and there is no floor work or mat work. Strength training has many health benefits including increased metabolism and bone strength, reduction in injury risk, increased confidence and improved coordination and balance.

Fresh Start instructor, Kris Haas, says, “Even if you have lived a sedentary lifestyle for some time, this class is for you. The **Fresh Start Beginner Toning** instructors will provide you with the knowledge to empower yourselves through this basic level strength-training class. It’s never too late to begin.”

To inquire about the **Beginner** or **Medium level Zumba®**, or **Fresh Start Beginner Toning** classes at The Studio Fitness™, please call 937-387-0660 or visit [www.TheStudioFit.com](http://www.TheStudioFit.com).