



Get Up, Get Active, Get Fit!



ZUMBA

It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

Zumba is the name of a dance fitness program created by dancer and [choreographer](#) Alberto ("Beto") Perez in [Colombia](#) during the 1990s. Zumba was marketed by entrepreneur Alberto Perlman^[1], who made the concept popular through dance classes as well as branded merchandise.^[2] The program combines [Latin](#) and [international music](#) with dance in an effort to make exercise fun. Zumba classes are offered through licensed instructors in more than 90,000 fitness center locations in 110 countries with ten million participants.^[3] DVDs are also available for learning at home. Classes and instructional DVDs use music based on [salsa](#), [merengue](#), [cumbia](#), [reggaeton](#), [samba](#) and other international music styles and forms.

The Zumba program is recognized by the America's leading fitness educators, including the [Aerobic Fitness Association of America](#), [IDEA Health and Fitness Association](#), and the [American Council on Exercise](#):^[4]

Dance Rhythms

Merengue – warm-up

<http://www.fitnesszumba.com/zumba-merengue-videos/>

Salsa

<http://www.youtube.com/watch?v=Cs1-A91ajh4>

Cumbia

<http://www.youtube.com/watch?v=AqfoQz2iwtE>

Reggaeton – cool-down

<http://www.youtube.com/watch?v=qev8MhLkJ0c>