

Zumba!

Delivers a Great Workout

by Molly Stamos, CPT

Walk into New Life Fitness World on Two Notch Road and check out Alma Alonso's Zumba class for a fast, energetic workout that feels more like a Salsa party than going to the gym. Familiar with and a big fan of Latin music and dancing, I brought with me a slight skepticism of "is this really going to make me sweat?" Just to make sure, I wore my special heart rate monitor that also counts calories so I could really verify the workout effects. After the first song and dance, my heart rate was up and I was smiling and completely enjoying myself.

The instructor, Alma, is fantastic. A native of Mexico, she can seriously move like Ricky Martin. Her class is packed with regulars, but she makes newcomers like me feel completely welcome. Fully engaged with her class, Alma keeps you motivated and encouraged along the way with clear instruction and eye contact. No one was without a smile and everyone was having a great time regardless of their dancing skills or talent.

Zumba is not difficult and anyone can, and should, experience this. It's a Colombia-born dance-aerobic workout that is composed of Salsa, Cumbia, Merengue, Hip-hop, Mambo and other dance rhythms, delivering an aerobic interval workout with both fast and slow rhythms. Zumba targets the glutes, legs, arms and abs, all while burning calories and keeping that heart rate up for the entire class.

For anyone who hates to exercise, Zumba will feel more like a party than a workout.

You get lost in the music and dance as if you were in a hot Miami dance club. This is a great remedy for anyone looking for a fat burning pick-me-up or starting their day out with a positive energy blast that will leave you feeling happy, energized and smiling all day long. And, for the record, my heart rate monitor informed me that I burned 600 calories and my heart rate stayed in the prime workout zone for the entire hour. Not too shabby for a first timer.

Molly Stamos, CPT, owns Fit-To-Go, an in-home personal training service for women. For more info on Zumba, call New Life Fitness World, Columbia, at 8911 Two Notch Rd, (803) 419-7000. New Life Fitness World also offers Zumba and other classes at its Lexington, Hardscrabble and St. Andrews facilities. Visit NewLifeFitnessWorld.org.

Alma Alonso



At Last!
The Resistance Chair
An easy-to-use, affordable, at home fitness solution.

- Utilized by Health Professionals
- Low impact, smooth resistance
- Improves strength, flexibility & balance
- No assembly required

Call FragileFitness at: 803.920.0809
or visit: KathleenHwood.com
mention "Natural Awakenings" & receive a free seat pad w/ purchase



Colon Hydrotherapy
Bekki Medsker
Florence, SC
843-679-0718
BekkiMedsker.com

- I-ACT/NBCHT Certified
Colon Hydrotherapist/Instructor Level
- Over 16 years of experience
- FDA Registered Closed & Open Systems
- Sterilized, Disposable Products
- Relaxing Atmosphere
- Sanitary