



What Do We Do?

Zumba® is perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

STRONG Nation® is like HIIT but set to music – we train to the beat!

The session combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music, designed to match every move.

Every squat, lunge and burpee are driven by the music, helping you make it to that last rep... maybe 5 more!

Once the Latin and world rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise

We run our hour long session as a hybrid of the two, maximising the results in a relaxed & fun environment, suitable for all levels of fitness

Bag your **FREE** taster by completing the online health questionnaire:

<https://www.cdcdance.co.uk/zumba-health-questionnaire>

When?

Zumba® - STRONG Nation

Wednesdays 7:30 – 8:30pm

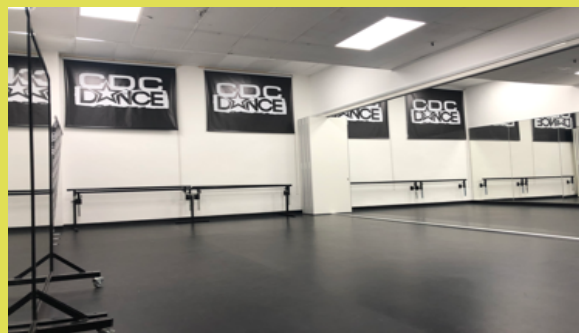


Where Are We?

CDC Dance Ltd

Above Poundland/Clarks

153 High Street
Kings Heath
Birmingham
B14 7DG



What to Wear

Make sure you wear sports/active clothing and trainers that provide suitable support/cushioning. Consider getting a sports bra.

Terms

First session is a **FREE** TASTER, and thereafter we have 2 payment options:

Classes can be paid for monthly in advance via GoCardless Direct Debit or attendees 'drop in' to a Zumba® session & the cost is £7 (paid in cash at the start of the session) We don't always follow school terms with our adult classes, so if paying in advance you'll receive your invoice on the 21st for however many sessions there will be the following month, and then we'll collect the payment via GoCardless Direct Debit on/after the 28th.

In addition to the monthly class fee, there is a £2.50 per customer/family, per month, admin fee payable and an annual membership fee, due at the start of each calendar year.

Our newly refitted venue boasts:

- 3 studios, with a folding partition
- wall between studios 1 & 2, allowing a more flexible space;
- toilets with baby change and a 'Little People' toilet;
- a changing room with lockers;
- video entry/exit security system;
- CDC staff & guest wifi broadband;
- Bose sound system;
- big screen projection equipment;
- Le Mark dance flooring;
- full dance safety mirrors;
- barres;
- AcroPAD inflatable floor, roller & crash mats
- 4 hand sanitiser stations
- Industrial fogger for anti-viral cleaning
- Option for attending class online via Zoom if needed

