

Course Number

ADA-037-01

Course Description

Zumba combines high energy and inspiring music with unique moves and combinations that allow the Zumba participants to dance. It is based on the principle that dance steps are fun and easy to follow allowing Zumba participants to enjoy the art of dancing and achieve long-term health benefits. ZUMBA is a fusion of Latin and International music that creates a dynamic, exciting, and effective aerobic/dance training. The combination of movements to fast and slow rhythms tones and sculpts the body. Experience a mix of diverse dance styles such as salsa, reggaeton, merengue, cha cha, belly dance, cumbia and more.

Academic Term

22/SP

Location & Meeting Time

Henle Dance Pavilion-108 F 01:30PM-02:45PM

Credits

0.00

Capacity

12

Total Students

0

Academic Department

Theatre & Dance

Field Of Study

Dance (ADA)