



How Many Calories Do You Burn During One Hour of Zumba?

Finding an enjoyable workout can be tricky, and staying with it can be even harder. Over the past decade, Zumba, a dance-based **fitness** routine, has been gaining popularity around the world for its focus on fun, high-energy fitness.

The Class

Zumba classes generally last about an hour, and consist of a combination of Latin American dances, and other dance styles. Each instructor choreographs his or her own class routine, but the fundamentals of the exercise are designed to provide a strong cardio and muscular workout. The whole **body** moves in a Zumba class, helping to burn fat and build lean muscles.

Calories

Zumba **workouts** can vary in intensity, and calorie burn depends on an individual's weight, fitness level and muscle composition. On average, a 150-pound person can expect to burn 536 calories during an hour of Zumba. By comparison, the same person would burn 413 calories during an hour of moderate swimming, 477 for an hour of casual racquetball and 684 for an hour of running at a 10-minute-mile pace.

Benefits

Zumba classes are designed to be fun and high-energy, attributes that generally make it easy to stick to the program. Anyone at almost any fitness level can start doing Zumba, without purchasing any equipment.

STABILITY BALL CLASS

Low Impact Cardio!!!! Strength Training!!!! Improve Balance!!!!

This class will incorporate all of the above. It will combine movement, seating and standing exercises to tone and improve balance.

