



Which class?

Everyone, no matter what your fitness level or ability, can join in the same classes. You can rest whenever you need to and you don't have to get everything perfect. Nobody except your Instructor is watching you so just do what you can do - it won't be long before you're dancing full out. We do focus on different aspects in some of the classes though and the following gives you a guide so you can choose which will be best suited for you.

Lite & Low

If you are really unfit, un-coordinated, have trouble moving quickly, can't jump around too much or simply want to just ease your way slowly into Zumba, this is a good class for you. You'll learn all the basic rhythms and footwork but in more gentle routines with an Instructor who will personally guide and encourage you. Because these classes are being held upstairs where the dance floor is smaller, we need to limit the number of people in a class. Please phone, text or email to book yourself in for these ones.

Abs, Buns & Thighs

As the name suggests, this class uses routines which focus more on toning these particular areas. Because the Monday class is being held upstairs where the dance floor is smaller, we need to limit the number of people in a class. Please phone, text or email to book yourself in for this one.

Cardio Party

This is Zumba in high energy, calorie burning, night club party mode. No need to book, just rock on up & join the party.

Current Timetable

Mondays:

5.30 - 6.30pm (upstairs)

Abs, Buns & Thighs

Tuesdays:

5.30 - 6.30pm (upstairs)

Lite & Low

7.15 - 8.15pm (downstairs)

Cardio Party

Wednesdays:

5.30 - 7.00pm (downstairs)

1/2 hr Cardio Party, 1/2 hr Abs Buns & Thighs, 1/2 hr Cardio Party

Thursdays:

5.30 - 6.30pm (upstairs)

Lite & Low

7.15 - 8.15pm (downstairs)

Cardio Party

When you come for the first time, try to be ready 5 minutes early because that's when your Instructor will be explaining how to get the best out of your class.

You'll be wanting to wear loose, cool clothing with shoes that have a sole which aren't too 'grippy' and are suitable for aerobic type exercise. Jugs of water and glasses are available at all times.

Your Instructors

Berdine Catchpole

Along with Christine, Berdine was one of the seven NZ instructors at the first ever Zumba Instructors Workshop held in Australasia (April 2009).

"I have been involved in music and dance since I was 4 years old. After leaving school I spent 2½ years at AUT working towards Bachelor Of Dance but it was as part of my Beauty Therapy Diploma that I gained my Certificate in Aerobics Fundamentals then backed it up with Prescription For Exercise. I learnt to dance Latin American to Gold Medal standard at Christine Simmons Dance and am absolutely addicted to Zumba".

Christine Simmons

Christine is also a licenced *Zumba Gold* and *Zumbatomic* Instructor.

"Doing weights and aerobics at the gym was part of my training schedule in the days when I was competing in ballroom and latin dancing. I vowed that when my comp days were over, I'd never set foot in a gym again - I hated it. I have, of course, continued to dance but I've relied on the inherent aerobics in the dances to keep me relatively fit since then. Now I've found Zumba! I absolutely love it! The music is inspiring and because the movements are choreographed to the music, you feel like you're dancing. You're using all of your body but it's not at all like exercising".

Pienaar Piso

"Mmm... something about me... I have been in the fitness industry for 7years as a Kickboxing Instructor to a RPM Instructor and I am now a ZUMBA Instructor - WOO FREAKIN WOO!! Motivated, Fun, Energetic - those are the words that can describe me in my classes. I am looking forward to seeing EVERYONE that comes to our Zumba classes. MAKE SURE TO COME SAY HI AND INTRODUCE YOURSELF IF YOU ARE NEW!!".