



Real people tell us why they enjoy Zumba at CDA.....

I really enjoy Zumba! You don't have to be coordinated to do it. I am proof of that ...It is a great workout that actually makes you smile.

Allison Clarke, age 45

I think Zumba is like Latin Dance on steroids! I like the high energy. It's a great workout for people of all ages and all fitness levels.

Pat Roy, age 56

Zumba is a different kind of workout. You're burning calories while having so much fun you forget you're working out. The time just flies. And we love it because it is something we can do together as mother and daughter.

Bunny DeCorte, 55 Jessica DeCorte, 26

"The spirit of Zumba stays with me long after class has ended..... I hear music and can't resist doing a Zumba move. What an irresistible exercise experience!!!"

Jill Jeskin, age 59 (chronological)....Ageless with ZUMBA

"Zumba Fitness is the best exercise program around. It's a workout that incorporates a healthy program, dance fitness, and FUN! Zumba offers an outstanding cardio workout that challenges you, but at the same time, you can enjoy. It truly helps you feel great both mentally and physically. What more can you ask for! Zumba is by far the best workout for me!"

Patti Marino, Age 32