

## First Time Zumba Attendees!

Congratulations on deciding to take your first Zumba class. Here is my official pre-class Zumba talk:

1. Go at your own pace
2. Focus on feet first
3. The music and routines repeat, if you missed it the first time you will get another shot at it
4. Modify any movement that causes discomfort or doesn't feel right to you
5. I will add more to the moves as the song progresses, stay at the level you are comfortable
6. Look for non-verbal cues, like pointing in the direction we will travel or I will hold up two fingers to indicate how many times we will repeat the next move
7. The playlist stays the same for about six weeks so you will have the chance to learn the songs
8. It gets a little easier each time
9. HAVE FUN and MOVE

If you have any questions or concerns please email me at [Liz.Burdette@hanovernh.org](mailto:Liz.Burdette@hanovernh.org)