

Basic 1 Instructor Manual Zumba



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and bodyweight training. Moving in Sync with Music. Discover how combining moves with perfectly synced music increases the efficiency of a workout. **STRONG** by Zumba Zumba® Basic 1 - This introductory training will give you the tools you need to lead your own Zumba® class. Learn the Zumba® formula, Zumba's four basic rhythms and more. The class includes an electronic instruction manual, a certificate of completion, online videos to review basic steps, and AFAA CEUs or CECs from ACE or AEA.

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