

ZUMBA MAKES IT TO AUSTRALIA

V Club is the first to bring you the newest, hottest, Latin dance-inspired workout changing the face of fitness across the world over.

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program. The routines feature interval training sessions where rhythms and resistance training are combined to tone and sculpt the body while burning fat.

"Zumba is the number-one dance class that has millions of people in more than 40 countries worldwide motivated to lose kilos and feel incredible," V Club CEO Selena Short said. "The

difference with Zumba is the music; it's the special motivational ingredient. With specific beats and tempo changes, all you need to do is move naturally to the beat. The workout starts with one simple step and then moves up the body until everything is in motion."

Classes start at V Club from July 27.

To try a class call V Club today!

T 8088 8888

48 Druitt Street (1 min down from QVB)

www.vclub.com.au

"We haven't been this excited in a long time. Zumba is going to change how people exercise, it's physical, motivational and fun!"

