

## Sneads Ferry sizzles with "Zumba" dance class

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Twice a week in Sneads Ferry the vivacious beat of Latin music seems to transport a dozen or so women to Rio de Janeiro's Carnivale. Though they may be dressed in t-shirts and sweatpants, they shake and shimmy like bold and beautiful Carnivale Queens. Lead by Trish Lawton, who is a fitness instructor certified by the Aerobics and Fitness Association of America, "Zumba" is a new fitness workout. In a "Zumba" class, the workout is based on a variety of dance movements with Latin America, Cuban, Caribbean and Spanish roots.

"Zumba" blends moves from the salsa, flamenco, samba, and merengue and from a Colombian slave dance called the "cumbia" where one foot is moved at a time as if both feet are shackled. This particular dance step is quite graceful and elegant, regardless of its poignant history.

The other movements as taught by Lawton are sexy-but in the classic sense. This is not bump-and-grind, but rather fluid and sensual movements. It is a celebration of body confidence and awareness. Shoulders shimmy, hips swivel and bellies dance. Lawton's teaching style is sassy and playful, and gifted at putting her students at ease. "I'm the type of person who dances around my house." She said, "I don't have a formal dance background but when I hear the music it makes me want to shake it!" Her enthusiasm for "Zumba" is infectious.

"I ask people to try (a class) for two songs — that's maybe ten minutes. Then they are hooked for the whole hour! "Zumba" can be done by anyone, any age and any size."



Trish Lawton brings the 'Zumba' dance workout to Sneads Ferry.

Lawton said she tries to foster a non-judgmental and casual environment for those who want to improve their health and well-being.

She teaches the class at Pete-Eze Skating Rink in Sneads Ferry. Appropriately enough, there is a tropical beach scene mural painted around the rink, so fantasizing about dancing on Rio's famed beaches is easy. There are no mirrors at the rink — so no inhibitions!

"Zumba" class meets Tuesday mornings from 8:30 to 9:30 a.m. and Thursday afternoons from 4:30 to 5:30 p.m. at Pete-Eze Skating and Family Fun located at 260 Sneads Ferry Road in Sneads Ferry. The first class is free. For more information and to see other class locations, visit [zumbawithtrish.com](http://zumbawithtrish.com) or e-mail Trish Lawton at [zumbawithtrish@yahoo.com](mailto:zumbawithtrish@yahoo.com).