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Studio founders find Zumba craze is Daytonlicious

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A few years ago Zumba was relatively new to most people in the Dayton area.

Zumba is a Latin-inspired fitness program that combines international rhythms such as salsa, cumbia, merengue, belly dance, reggaeton and more to give class-goers the ultimate aerobic workout.

Doug and Joan Jones started brought the Zumba craze to Dayton almost five years ago after seeing an infomercial and deciding to go to Miami to become certified instructors. With no dance background or experience, but an instant love for the Latin music and people, the Joneses were able to spread their passion for Zumba throughout Ohio. They are both now Zumba Education Specialists, two of only 30 people designated as such in the world, and are proud owners of Studio Zumba, the world's first and largest Zumba studio. Utilizing about a dozen instructors and offering more than 40 classes each week, the Vandalia studio brings in hundreds daily to classes and special events.

Next to Miami, Fla., Dayton is the "hottest" bed for Zumba, and it's easy to see why when you enter the studio. Described as energetic, friendly, colorful, hip and trendy, Studio Zumba has a beautiful and spacious reception area adjacent to a large main studio as well as a second, smaller studio. A large hallway displays the many local and national articles on the path to the newest addition, Locolicious, a juice and coffee bar. "It's amazing to have a place like this in the middle of semi-rural Dayton, Ohio. It really is a phenomena, and people are hungry for their Zumba!" says Doug Jones.

Based on the idea that working out can be fun and easy to learn, Zumba is a great way to stay in shape. Classes feature intervals of fast and slow rhythms to work the entire body.

Deb Pulos of Clayton is a regular at Studio Zumba and says it is a perfect fit for her. "They not only offer Zumba classes but have body sculpting and weight training classes, as well. It's made a huge difference in how I feel. I've introduced Zumba to my daughter and her friends, and they just love it," she says.

Barney Sentner of Dayton is another fan. "My favorite aspect of Zumba is the Latin music, which is uplifting and keeps me motivated. Every class is different, which really makes it fun each time I go, and the cardio workout is invigorating, even for someone like me at age 47," he says.

"You can be assured to shake the hips and shoulders in Zumba," says Joan Jones, "and each class burns from 500 to 700 calories."

Aside from being a great calorie burner, other benefits of Zumba include total body conditioning, especially in the

abdominal area, and increased stamina and coordination. But the biggest benefit that the Jones' see at the studio is the desire for participants to really want to exercise. "Zumba is so fun that it tricks people. They don't even realize they've been exercising for an entire hour, the time flies by so quickly."

Studio Zumba is across from the Dayton International Airport.

It is open daily, offering a variety of classes. You can take a beginners Zumba class, Zumba circuit and toning (a combined cardio and weight class), weight training, and belly dancing, yoga, exotic moves and more. In October, the studio plans to add kids Zumba and Zumba for plus-size clients, as well. The instructors provide a safe and quality exercise experience and an atmosphere of fun.

To find out more about Studio Zumba, call (937) 387-0660 or go online to www.studiozumbaohio.com.

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