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Zumba shows results

By Terry Morris

Staff Writer

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VANDALIA — The Zumba epicenter of the Midwest has made so many waves that New York is paying attention.

A crew from NBC's "Today Show" came to Studio Zumba here last week to do a feature on the Latin-flavored exercise craze and one of its most passionate local practitioners.

Angela Cade of Troy, a nurse at Miami Valley Hospital and a mother of four who started taking classes in March, will be featured in a segment on Monday's program.

Another will show Zumba creator Beto leading a class live in New York's Rockefeller Plaza.

"Today" airs from 7 to 11 a.m. weekdays on NBC.

Zumba, which started in Colombia and jumped to the U.S. in Miami, has found an unexpectedly solid foothold in the Dayton area thanks to local couple Joan and Doug Jones. They opened the world's first studio dedicated to Zumba this year in a shopping center at 698 W. National Road and have been traveling the country to train other instructors.

Cade, 30, who gave birth to son Caleb last year, said she has struggled with her weight. "I tried aerobics, kickboxing and dieting, but never stuck with anything. I saw an article about Zumba in the newspaper, thought it looked interesting, and drove by the studio a couple of times. I finally took my first class in March," she said.

She and husband Joel have three other children — Nathaniel, 8; Andrew, 6, and Katheryn, 4.

"I've stuck with Zumba, which is like nothing I've ever done before. I've arranged my whole schedule be able to keep taking classes," she said.

She's also lost more than 60 pounds after starting out at 222.

"NBC called about coming out several weeks ago. They thought it would be a good tie-in for a health and fitness series they're doing," said Elizabeth Weizman, an instructor and spokesperson for Studio Zumba.

"It was really exciting to have them here. They spent most of last Thursday afternoon, Oct. 4, here, filmed a whole class and interviewed Joan and Doug. We suggested several students they might want to feature. We've had people lose 200 and 100 pounds. Angela was one of those we suggested. They chose her."

Cade said a crew came to her house last Friday, Oct. 5, and spent several hours there.

"It was quite an experience. It was kind of surreal. It was nerve-wracking at the studio to have a camera guy on the floor next to me, but I'm not as self-conscious as I used to be. I just kept going and forgot he was there," she said.

The Valparaiso, Ind., native doesn't know when the segment will air during the four-hour show, but hopes to be able to watch herself on Monday. "I'll be off that day," she said.

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