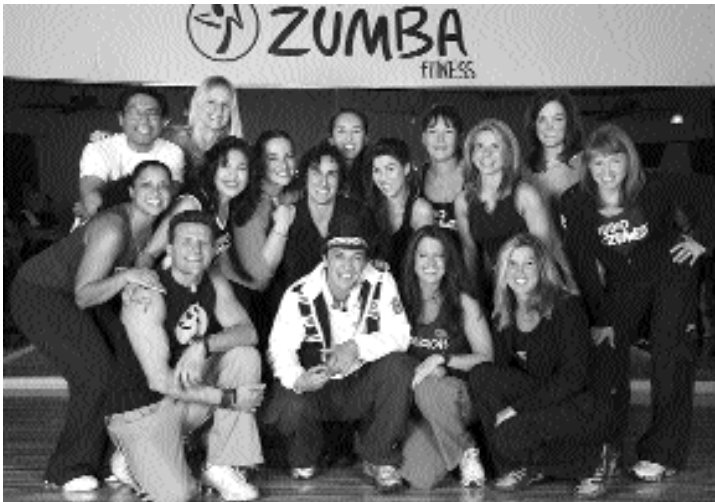


Instructors from around the world visit Zumba



Contributed photo

Pictured above is Beto Perez (center) with the Studio Zumba instructors. Pictured below is the Vandalia studio.



Studio Zumba in Vandalia is the hotspot for group exercise in the Dayton area. After a visit from NBC's Today Show in October and a national story on the morning show, Studio Zumba continues to offer a new and exciting alternate way to take off the holiday pounds.

The popular Latin-inspired dance exercise craze includes simple steps to salsa, merengue, cumbia, reggaeton, belly dancing, calypso, and more. Instructors combine the dance moves with fitness moves for a low-impact, high energy, challenging, and fun workout.

The combination has proven to work, looking at the high number of instructors and participants in the Dayton area and around the country.

At Studio Zumba and Hara Arena, over 200 Zumba fitness enthusiasts and instructors from across the U.S., Mexico, Puerto Rico, even Finland, spent the first weekend of December with Beto Perez, Colombian originator of Zumba. Perez resides in Miami, Florida, where Zumba first took off before Joan and Doug Jones of Dayton brought the Latin fever to Dayton about five years ago. Since then, the Joneses have opened their own studio, the world's first Studio Zumba in Vandalia.

Perez last visited Dayton in March 2007, when Guthy Renker, the international infomercial production company filmed Zumba's next infomercial at Hara Arena and Studio Zumba, to be released in early 2008. With the release of the infomercial comes a new and exclusive way to Zumba---Zumba Toning a resistance program incorporated into a Zumba class. Zumba Toning is now being taught by select instructors at Studio Zumba.

In addition to a Zumba workshop at Hara Arena on Dec. 1 and 2, Studio Zumba kicked off the weekend Friday with a VIP night with Beto including the filming of an instructor DVD.

Studio Zumba offers Zumba, Beginner's Zumba, Kid's Zumba, Toning and Weight Training classes, Exotic Moves, Belly Dance and more. They are located at 698 W. National Rd.

For more information, visit www.studiozumbaohio.com.