

## Dance workout burns 500 to 700 calories

by Mike Wallace Skywrighter Staff  
January 12, 2007

---

Looking for a long-term healthy lifestyle activity that combines dancing, fun and music into one? Get in on the Zumba fitness craze twice a week at the Wright Field Fitness Center.

Zumba is a simple and effective aerobic workout that incorporates footwork and body movements from the meringue, mambo, salsa, rumba, cumbia, reggaeton and calypso to a mix of Latin songs. Derived from a Colombian word, Zumba appropriately means to move fast and have a good time.

All ages and fitness levels are encouraged to participate. Beginners may have a harder time keeping up the first couple times, but Nichole Spyridon, of the Prairies School Age Program, said the class gets easier and more rewarding with each outing.

“I enjoy the fast pace the class offers and can almost immediately feel the benefits with each one I take,” said Spyridon. “The instructors do a great job keeping us motivated and help make the sessions a lot of fun.”

Zumba uses the principles of fitness interval training and resistance training to maximize calorie output, fat burning and total body toning.

It mixes body sculpting movements with easy-to-follow dance steps.

“You are out there having so much fun you don’t even realize you are working out,” said Spyridon. “It is easy to learn and a great way to exercise.”

The workout is evenly distributed between dancing and aerobics, and you can burn as much as 500 to 700 calories during each session. The music goes from moderate to fast to slow and back to fast again, so anyone can keep up.

Zumba is taught on base by Kris Nelson. Classes are 5:45-6:45 p.m. Thursdays and 11 a.m. to noon every Saturday at the WFFC. To sign up or for more information, call 904-9381.

