

By KAREN WEAVER
Assistant editor
kweaver@tcnewsnet.com

In the 80s it was aerobics, in the 90s it was jazzercise, but now there is a new workout for the 21st century. For those who take the class, Zumba is more than exercise. It is dance, it is fun, it is a party and everyone is invited.

Doug and Joan Jones are certified teachers who have studied under the creator of the dance, Beto.

“We are so excited because Beto is coming to offer certification classes at Hara Arena Feb. 4 and 5,” said Joan Jones.

“This is a real honor and everyone who attends is going to love meeting him and learning more about Zumba.

The Jones offer classes at a variety of locations including the Huber Heights YMCA and Arthur Murray’s Dance Studio on Waynetown Blvd.

“Your inhibitions go as you absorb the rhythm of the music,” said Joan.

Zumba is designed for anyone of any skill level to join in.

There is not a lot of voice cueing because the idea is to follow the lead of your instructor and move at a pace that fits your personal needs.

Then as you continue to workout, you advance at your own pace.

“It’s not about working until you are in pain,” said Jones. “It’s about dancing up a sweat, getting your heart rate up and having fun while you’re at it.”

The music you dance to has a festive Latin beat. As with any new program, please talk to your doctor first to make sure it won’t cause any physical problems.

True fitness enthusiasts will have a unique opportunity to get certified to teach Zumba by its founder, Beto. Perez will be coming to Dayton’s Hara Arena Feb. 4 and 5 all the way from South Beach, Fla., bringing with him a weekend-long certification course packed with super-charged workouts and instruction on equipment, class format, basic and advanced steps, and the science of Zumba.

Certified attendees will leave with two music CDs, four Zumba fitness DVDs, choreography, and everything else they need to become an official instructor of this new fitness sensation.

For more information about this one-of-a-kind opportunity, call (877) 244-2293 or 689-7572.