

Hello friends and welcome to our ZZZumba class!

My name is Ximena and I will be your instructor.



Dates:

- Wednesday July 2st at 5:30 pm MDT
- Saturday July 3st at 10:30 am MDT
- Thursday August 5th at 5:30 pm MDT
- Tuesday August 10th at 5:30 pm MDT

You will need:

- A water bottle
- Comfortable shoes and clothes for jumping and dancing
- Make space in your house so that you can move freely (the space doesn't have to be big, but it must be clear so that you can safely move around and have fun)
- Your coolest dance steps: the ones you learned on Tik Tok or the ones you created yourself as we will have a few 'freestyle' songs to have fun with
- 2 pieces of square fabric (the length of your arm) OR 2 scarfs OR handkerchiefs
- 2 cans or plastic bottles filled with some rice, lentils or small rocks to use them as 'maracas' or any other instrument you might want to play
- A lot of energy to spend!

*If you can't find these materials: don't worry, we'll have fun anyway!

Looking forward to seeing you soon !!