

Broadway Bound Launches Zumba® Fitness Party!
**Successful Dance Studio launches Latin-dance inspired phenomenon that
is sweeping the world into fitness!**

February 19, 2010 , Broadway Bound Performing Arts Center on Daniel Webster Highway in Merrimack, NH – is infusing party fun into fitness by launching Zumba® classes!

Zumba eliminates the “work” from “working out” by combining amazing, irresistible Latin and international music with dynamic, yet simple exercise moves, using their unique intermittent training format.

While Zumba embraces all the fundamental principles of fitness, the extraordinary secret behind Zumba is how Zumba magically motivates the body to efficiently burn calories, effectively tone all muscle groups, incorporate full range of motion, and improve the cardiovascular system. Fun and music are the two special motivational ingredients. Utilizing the natural beat, tempo, and music transitions, the Zumba dances seamlessly flow from one toning, strengthening, or cardio move into the next. Participants are constantly engaged and entertained with the variety of rhythms including salsa, merengue, samba, belly dancing, cumbia, flamenco, reggaeton, and more! Zumba breaks away from the typical 32-count aerobic format and uses the passion of the music as it was meant to be experienced. Even those with two left feet are successful in a Zumba class because of the natural flow of the simple steps that radiate though the body in synch with the music.

Zumba is recognized by the world’s leading fitness educators, including AFAA, ACE, and CanFitPro. With sanctioned training programs in countries like China, Japan, Taiwan, Mexico, the United Kingdom, Canada, and Venezuela, Zumba is taking the world by storm, and now at Super Club. Everyone is invited, from teens to seniors, and both women and men. Everybody loves Zumba.

Two introductory FREE Zumba classes will be offered at Broadway Bound Monday, March 8, 2010 at 8:00 pm and Saturday, March 13, 2010 at 9:00 a.m.