

# How Zumba Has Changed Our Lives!

In the group picture shot from (l-r): Margaret (lost 30 lbs), Amber (lost 43 lbs), Zumba instructor Therese Abair, Andrea (lost 53lbs).

Since starting Zumba classes last August, at Mountainside Fitness Surprise, the following 3 members have lost over 126 pounds so far. Here is how Zumba has changed their lives.

## ANDREA GONZALES (LOST 53 LBS)

When I first heard of Zumba I thought, "Let's see what all the hoopla is about?" Little did I know it would be such a life changing endeavour as I walked into my first class! Zumba has helped me in working towards a more active lifestyle while dancing and laughing all the way there! As a result of attending the motivating Zumba classes, I have lost over 50lbs, had major relief from back pain, increased my energy level, and noticed a positive surge in my self-confidence.



for me until I lost enough weight to perform the original moves. I am happy to report that one year later, I am down to 160.7 lbs, a total loss of 43 lbs. This is the first year in my entire adult life that I will wear a two piece bathing suit because Zumba gave me the body and the confidence to try it! The best part is that it was so much fun! I tell everyone I know about Zumba and have gotten a few of them hooked as well!

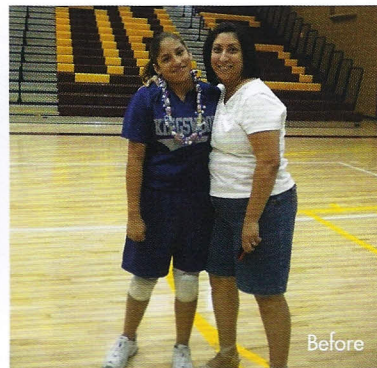
## MARGARET SHURTLEFF (LOST 30 LBS)

Zumba has made a big impact on my life and helped me get healthy. It combines something I love to do - dance, with something I need to do - exercise, and has kept me motivated to continue doing both. Before Zumba I was always tired. Since Zumba I have more energy and feel better about myself. I continue with Zumba because it's so fun and it doesn't feel like exercise at all. I love Zumba!



## AMBER SPIGUZZA (LOST 43 LBS)

Zumba changed my life because I was tired of being sick and tired. I know this sounds like such a cliché but I had just been diagnosed as pre-diabetic, was aching all over my body, was depressed and at the end of my marriage. I had always enjoyed going to the gym and I won't tell a lie, I hated Zumba the first time I took the class. The original instructor did not make the class work for me. But as a rule in my life, I always try everything twice. This is when I found Therese. Therese was the new instructor that helped start my addiction to Zumba. Her classes are full but she took the time to modify certain moves



## WHAT IS ZUMBA?

ZUMBA is a fusion of Latin and International music-dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is also a mixture of body sculpting movements with easy to follow dance steps. Zumba is not only great for the body, but it is great for the mind. It's a "feelgood" workout!

**CHECK THE SCHEDULE FOR ZUMBA AND COME  
"DITCH THE WORKOUT AND JOIN THE PARTY!"**