

FIT 119 : Zumba

This physical activity lab is designed to develop fundamental Zumba skills and knowledge for students across a spectrum of knowledge and experience. Instruction takes into account experience level, with topics focusing on safety, equipment, and learning proper techniques. Students will learn and perform exercises designed to build flexibility, improve body composition, and cardio-endurance through the use of Latin rhythms as well as movement with an international flare.

Credits 2

Core Tags

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