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"I've always felt cute, but now I feel sexier," says Jordin.

ZUMBA CHANGES LIVES

JORDIN SPARKS IS JUST ONE OF THE 12 MILLION PEOPLE WHO DISCOVERED THEIR BEST SELF THROUGH ZUMBA

Last year, *American Idol* alum **Jordin Sparks** went from a size 14 to a size 8 by adopting a healthier lifestyle that included taking Zumba classes two to three times a week. And she's not the only one joining the Zumba fitness revolution. This fun and effective fitness program, which uses electrifying world music and high-energy direction to create a fitness party, is the most popular dance program in the world.

"You don't feel like you're exercising in a Zumba class," says **Gina Grant**, a Zumba Education Specialist and International Presenter who is featured in several at-home Zumba classes available on DVD or game-player formats. "You feel like you have stepped into the party of the century. You're feeling the music and getting a major workout at the same time."



Gina first tried the Zumba program after her third pregnancy.

A Zumba instructor since 2003, Gina has seen this dance regimen change more than just participants' dress sizes. "I have often talked to people dealing with depression. Many times, they start taking the classes and liking them, and it can help the depression lift," says Gina. "I've heard that more than once. It's pretty amazing to hear that Zumba can have that effect. There's this feeling of accomplishment you get," explains Gina. "And if you feel good about something you're going to go back often."

Busy folks don't have to be left out — they can practice Zumba at home. "The *Zumba Fitness 2* video game just came out, too, so you can enjoy that in the privacy of your own home," says Gina. "But once you get your courage up, come to a class. Once you step in that class you're in deep; you'll love it."