

# DIFFERENT CLASS

This month, **Holly Treacy** wiggles her way through a Zumba masterclass...



## the blurb

Get your hips shaking and join the fitness craze that's taken the world by storm. If you're already a Zumba fan then this class will be right up your street! Take part in an action-packed session that combines classic fitness moves with toning and resistance elements.

## the verdict

"I'm no stranger to the world of Zumba, in fact, I'm a fully fledged fanatic! So, I quite literally jumped at the chance to take part in a masterclass. The four-hour session didn't phase me and I was excited to learn some new toning exercises, and equally intrigued to see how the Latin moves worked during the aqua pool session.

"I arrived at the luxurious location of Prested Hall, Essex, and joined the other dancing enthusiasts that were taking part in the day. Everyone was buzzing as our instructor, Natalie took us through the day's itinerary.

"First up was Zumba fitness. If you love Zumba then you'll know what excitement comes with the sound of a drum beat and two little words: wiggle, wiggle! We swung our hips through the salsa moves, shimmied to the cumbia and wiggled to the merengue. It didn't take long for me to work up a sweat during the fast and fun fitness session, while Natalie encouraged us to sing along to the music and

really feel the Latin rhythm. We were all working up quite a sweat by now, but everyone still had huge smiles on their faces!

"Next, it was on to Zumba toning. We all grabbed a quick drink before the next part of the workout and dabbed down our sweaty brows. Natalie gave out a set of hand-held weights to everyone and demonstrated how to hold them correctly. This part of the class isn't as fast as the first session, but it's equally as tough, if not more so, as the up-tempo music is maintained during this strength training section. I was really starting to feel the burn at this point and could feel each and every muscle working really hard.

"It's certainly not your typical toning class, as after every few reps, our weights went down on the floor and it was back to a few minutes of fast-paced Zumba fitness. With our heart rates pumping and muscles aching, I couldn't wait to cool down in the pool session.

"Before we changed into our swimming cossies, Natalie had a surprise for our group; Zumba freestyle! This was a chance to really let our hair down and create our own moves. Naturally, I was a little anxious at the thought of performing solo – but after a few hip-shakes and switch-turns, I soon got into it!

"After the fun and fitness was over, we finally went to the deluxe pool to cool things down with the aqua session. But, there was no

time to rest, as the Latino beats started pumping from the stereo and Natalie demonstrated from the poolside the next set of dance moves. This was much harder than I anticipated! We pushed our arms and legs against the water, and tried to stay in time with the music. We jumped up and down, made like an Egyptian and danced some fancy reggeaton moves, all under water.

"My body was definitely starting to tire after four hours of Zumba-mania, but everyone was still in high spirits. Natalie presented each of us with a masterclass certificate and I felt instantly proud of my achievement! I don't think I could do another four hours just yet, but I'll definitely be back for my weekly fitness fix of Zumba fitness."

## give it a go

Zumba classes are available nationwide. Holly did her session at Prested Hall with Diversifit ([diversifit.co.uk](http://diversifit.co.uk)) and their next Zumbathon takes place on 10th September in aid of Help For Heroes.

## AT A GLANCE

Length: 4 hours

Price: £20

Our rating: ★★★★★