



Dancey Pants Connection

September 2011- Issue 2

It's been a crazy and busy few months, so I apologize for my delay in my monthly newsletter. In case you haven't already heard, I went through training for a new Les Mills Program coming to LFF, called BodyVive™ which is the low-impact, whole body group fitness workout that uses VIVE™ balls, VIVE™ tubes and body weight to boost fitness and core strength. It's an all round low-impact workout that lets you choose just how hard you work. It's ideal for those new to group fitness, those returning to exercise or rehabilitating after an injury, pre and postnatal mothers, and active adults who want the benefits of improved cardio fitness, strength and flexibility. In a nutshell it's awesome and will soon be taught at LFF in the near future, so keep an eye out for it!

All my classes have been growing like gangbusters, so I greatly appreciate all your continued support, energy and great attitude in making every class a blast!

**If you have any song requests, comments or suggestions, feel free to email me or find me on [Facebook](#)...NOW, read on!!*

My current Zumba class schedule at

LIFESTYLE
FAMILY FITNESSSM

MON	TUES	WED	THU	FRI	SAT
Zumba Toning 9:30a/NMK	Zumba Toning 10:30a/HEN	Zumba 10:30a/HLD		Zumba Toning 10:30a/HLD	Aqua Zumba 10:00a/NMK
BodyVive 10:30a/NMK Coming SOON!	Aqua Zumba 6:30p/NMK			Zumba Toning 6:30p/HEN	

*Schedule modified as of Sept. 2011

Find me on [facebook](#) at Alex Zumba Buck

WWW.DANCEYPANTS.COM

What are the best shoes for Zumba® Fitness?



As with most things in life there is NO one answer as it depends entirely on your physiology, your physical abilities and sense of style. What I can do, is guide and educate you to make the right choice as the wrong choice could lead to discomfort, and worse off injury of feet, ankles and/or knees. Any one of these outcomes may lead you to decide to give up on Zumba and give up on an enjoyable way of improving mind, body, soul and sense of rhythm.

As a rule of thumb for ZUMBA and Zumba TONING, **LESS tread, the BETTER!** Less tread can help you execute quick Zumba moves much more smoothly. Regular gym shoes can be too heavy and stick to the floor, causing pain and discomfort. You will also need a well cushioned insert and added cushion for your heel for shock absorption; such as a Dr. Scholls inserts or your custom orthotics. Sports apparel companies like Adidas, Nike, Reebok, Ryka have designed great dance aerobic shoes. Zumba Fitness also offers their own shoe, called ZkickZ, shown in the above photo. Whichever shoe you choose, if you take Zumba often, be sure to replace your shoes about every 4-6 months.

For AQUA ZUMBA; inexpensive water shoes/socks help tremendously for stability and to avoid scraping on the bottom of your feet due to fast movements. For more of a sneaker type water shoe, Ryka makes an awesome water shoe as you see here to the right.

Best advice; ask your Zumba instructor what they wear. Then try on several styles at your local athletic shoe store and do some Zumba moves to find the right fit for YOU!

To learn more or order the Zumba ZkicksZ™, visit www.zumba.com.



Speaking of **STYLE**....Show off your Zumba pride with Zumbawear!



Visit www.zumba.com to shop!



NOT just for the ladies!!

Why is it we don't see more men in Zumba classes? Zumba Fitness is hardly just for women. In fact, a man, Beto Perez, created Zumba! Hmm...is it that men are too shy to dance or do they have the macho attitude and think Zumba is dance, and they wouldn't be caught dead Zumba-ing?! Whatever the excuse, here are a few men in my classes that have other opinions about Zumba!!

Check out what they have to say...

SETH/Zumba & Zumba Toning participant

My name is Seth Wymer and I go to Zumba. I apologize for opening like I was at an Alcoholics Anonymous Meeting, but it is true. My New Year's resolution this year was to lose weight, like I had before I began my old workout schedule by doing two miles on the elliptical, then I would hit the weights, and finish with another mile on the elliptical. I lost some weight, but I wasn't seeing the results I had hoped.

A month ago my girlfriend wanted to take Zumba classes and asked if I would go with her, without thinking I said yes. As I spoke with friends and co-workers I began to get the impression that Zumba was only for women, immediately I got nervous.

My first experience with Zumba was Zumba Toning. At one time I considered myself somewhat athletic: Working out every day using weights and cardio to get in shape. However, after my first Zumba Toning class I realized that this was something different. At the end of a typical workout I am usually sweaty in a few places. At the end of my first Zumba Toning class (and still a month and half later) I was drenched.

When I started to make good on my New Year's resolution I was tipping the scale at nearly 300lbs. I am now under 270lbs and still losing. The vast majority of this weight loss has been while I started doing Zumba. I got into it out of a favor to my girlfriend that way we could work out together, I now go by myself when she can't come and see its benefit every day. I have seen greater definition in my entire upper body and abs than with a regular workout of weights and cardio. I enjoy the music, the dancing, and most importantly the results I have seen and continue to see.

My name is Seth Wymer and I go to Zumba. Sure it sounds odd, but perhaps you should ask yourself: Why don't I go? I encourage ALL men and especially the ladies to show this to your significant other, give it a chance, and see if YOU don't notice the change you are looking for.

JOHANN/Husband of Alex Buck and Fan of ZUMBA!

When Alex began teaching Zumba I thought it was just another dance fitness course. After two months of repeatedly being asked to take one of her classes, I reluctantly agreed. No men were taking her classes and she wanted a male's opinion. The concept of the class was foreign to me and quite frankly I was being stubborn. The first few classes were a little frustrating. I'm not a natural dancer and performing choreography was new to me. After standing in the back for a few classes I finally moved to the front. I wanted to get a better look at my wife teaching and on top of that my confidence was building. I was actually learning the moves and starting to let loose, woohoo!! Before I knew it I was including Zumba into my weekly exercise regimen.

Zumba is a great workout! Currently, I take three versions of Zumba Fitness: Zumba, Zumba Toning, and Aqua Zumba. Each style offers its own benefits. Zumba is fast paced and allows beginners to learn the various dances. Zumba Toning is great for slowing things down and incorporating weights into the workout. Aqua Zumba (my favorite) gets you in the pool and the water offers additional resistance. I can't speak on behalf of other fitness classes, but taking Zumba with my wife is great. Ask anyone who takes her classes. Her energy is contagious and her passion is obvious. The class participants around you make the classes worth taking as well. Especially, when they let loose, laugh and feel the music. More guys should take Zumba and I encourage any woman to invite a male they know to class, they'll have a great time! Now, let's ditch the workout, join the party! I'll see you there.

Thanks guys for your input and keep doing what you do! Now ladies, tell guys it's a great way to add your cardio into your healthy lifestyle in a club-like atmosphere with great Latin music, your friends hoot and hollering and best of all...burning 500-800 calories without even knowing it!! Now ZUMBA ON!!!

