ZUMBA®

Zumba for Netball

THE BENEFITS:

- **CARDIO:** You can burn over 1,000 calories in a 1-hour Zumba class.
- **WORK RATE:** The infectious music and fun choreography will mean you won't even realise that you're working so hard.
- **LOW IMPACT:** The bouncing, shimmying and Beyoncé-esque booty shaking is relatively kind on your joints. It's a nice break from sprints or running.
- **FEEL GOOD:** As well as the endorphins you get from exercise, Zumba gives you an exhilarating rush of freedom and energy – let go of your weekly stress!
- **SOCIAL:** The energy in a Zumba class is infectious – this is a chance for women of all ages to let lose and express themselves. Bring your teammates for a fun and different social.
- **NETBALL:** Zumba gets you moving on different planes and working on your flexibility – perfect to develop your agility on court.

Zumba provides an ideal way to keep fit for Netball as it uses all your muscle groups and because it is so much fun, it gives you a great aerobic workout without you realising it! It's a great team-building activity too allowing you all to let your hair down, smile, laugh together and let those endorphins flow.

TOP TIPS FOR ZUMBA:

1. Don't be shy! Let loose and don't worry about making any mistakes — let go of everyday stresses and embrace the rhythm.
2. Maximize your entire range of motion, including fully extending your arms and shaking your whole body. Really activate every part — from your arms and core, to your hips and feet, to make sure you're engaging as many muscles as possible.
3. Don't worry if you haven't mastered every move — Zumba isn't performance dance, it's celebration dance! Rock the moves you've got — whether it's that shimmy you love or the salsa step you just learned.

To find a Zumba class near you head to ***www.zumba.com***

SPORT experiences

The International Junior Netball Festival

October Half-Term - 25th – 29th October 2015

Easter Holidays - 30th March – 3rd April & 3rd – 7th April 2016

Under 12s, 14s & 16s

Five Days from £379

Disneyland Paris

England netball