



Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout that will blow you away. The routines feature interval training sessions, where fast and slow rhythms and resistance and core training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA®!

I love Zumba® and I love helping people find out how much fun fitness can be! I love all the different types of dance, movement and rhythms that come together to raise your energy and create a calorie burning fitness workout party!

In 2010 I decided to make an effort to have a healthier lifestyle. I joined a Zumba® class at my local recreation department and I fell in love with it immediately! The music starts and I just get "lost" in it...my cares and worries melt away! Before I knew it I had lost over 40 pounds and dropped 6 dress sizes! What a fantastic bonus! I became a very enthusiastic and passionate Zumba® student. Other students often asked where they could take MY classes! I finally took the leap and became a licensed instructor in March 2013. I couldn't believe it but Zumba® has gotten even better! I have made so many wonderful friends along the way. Now I'm helping them to a healthier lifestyle and supporting their weight loss goals all while having a FUN and EASY workout!

So you think you CAN'T dance? Feel like you have no rhythm? No worries! Once the music starts it turns into a fun dance party, and you don't even realize you are working out! Let me show YOU how much fun you can have! Contact me for more information or drop in and join the party!



Licensed Zumba® instructor Jane Bremmer
Please contact me at 262-501-1159 or
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Check out my class schedule at
www.janebremmer.zumba.com

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