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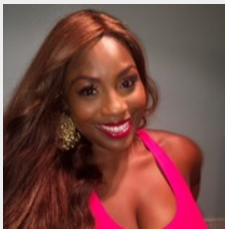
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Lakesha Yvette Walker
LA Dance Fitness Examiner

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Check out Aqua Zumba at a pool near you



Check out Aqua Zumba at a pool near you.

Video Courtesy of Aqua Zumba

The thought of spending summer pounding it out on a hot, sticky treadmill, sounds about as much fun as the 405 at 5:00. No thank you, I'll pass and there's gotta be a better way.

Like many of you, I love a good side street, and a great way to avoid gym equipment is [Zumba](#).

The self proclaimed "fitness party," [Zumba](#) is an infusion of fast and slow Latin rhythms, married with resistance and interval training. The moves are simple, but you may not have tried everything this class has to offer.


This summer, Zumba offers you the chance to join the "fitness party" in the pool, on Xbox, Wii and through a DVD box set called [Exhilarate](#).

It has [toning sticks](#), there's a [toning class](#) and you can rock out at home with your new [zumba belt](#). They even have something called [Z-Life magazine](#) where you can learn how to make sugar free [cereal bars](#).

[GamerFitNation](#) recently gave Zumba Fitness Rush for Xbox Kinect 360 a 9.5 out of 10, calling it "The perfect combination of fitness, gaming and dance."

And if you want a new way to shake up pool parties, try [Aqua Zumba](#). It is a safe, challenging water-based workout that can burn up to [400 calories](#) and gives you cardio conditioning and

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Zumba

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water-based workout, that can burn up to **400 calories**, and gives you cardio conditioning and toning.

Traditional Zumba workouts can burn anywhere from **500 to 1000 calories**, but consider tracking your progress with a **BodyBugg** to see where you are landing.

Another fun way to track your progress is with the **iPhone App, OptumizeMe**, a sleek way to compete against family and friends, using fitness related challenges like "Who can walk the most steps," or customize with "Who can do the most zumba classes" to help create a group goal.

The power to shape, sculpt and tone with Zumba is amazing, as each class is different, and can range from you being on the floor doing push ups and crunches, to up on your feet toning your glutes and hamstrings at the ballet bar to the rhythm of a hot song.

If you love to dance, simple cardio salsa and merengue moves are also thrown into the mix, shaping your hips and abs.

Now that you know all the new ways to enjoy Zumba, which one will you try?

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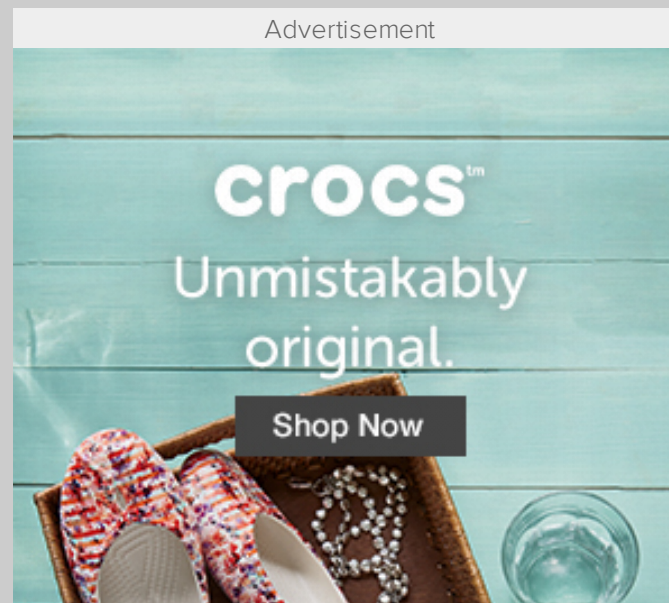
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