

## HPE 156: ZUMBA

This course will introduce the beginner to the fundamentals ZUMBA technique through various exercises. ZUMBA is a Latin-Inspired , dance-fitness class that incorporates Latin and International music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system. ZUMBA integrates some of the basic principles of aerobic, interval, and resistance training to maximize caloric output, cardiovascular benefits, and total body toning.

**Credits:** 1

**Program:** Health and Physical Education