

Let's Zumba!

Exercise | Virtual Activities

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WHAT MAKES IT MEANINGFUL

Zumba is a fun way to get some exercise in. It involves cardio and Latin inspired dance. This is a fun and effective way to get healthy! You can do this on your own or with a group. Learn some new moves and get fit! This is a beginner friendly workout.

TIME

15- 30 minutes

MATERIALS

- Loose clothing
- Comfy sneakers
- Water
- Open space
- Tv, laptop or tablet

INSTRUCTIONS

1. Decide when you would like to exercise.
2. Find an open space where you can move freely.
3. Access YouTube link [Zumba® 30-Minute Beginners Latin Dance Mini-Workout](#)
4. Follow the instructions in the video and have fun!



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RESOURCES

- [Zumba Gold Fitness - Zumba in the Chair](#)
- [27 Minute Beginner Zumba Workout - Seniors](#)
- [What to Do Before a Workout and After a Workout](#)

SUPPORTS NEEDED

Depending on the individual's level of support may vary. Support may be needed with accessing YouTube.

OTHER THINGS TO NOTE:

- Drink plenty of water.
- Pause and take breaks if its too much.
- Make sure you stretch!
- You can do this alone or with friends