



# SESSION HANDOUT

## Aqua Zumba Boost

**Aqua ZES team**

Zumba Education Specialist, USA



## SESSION HANDOUT

### Schedule

30 min: Welcome and updates

30 min: Science/Application to Guidelines. Review on TIPS and 4 basic steps for Salsa, Merengue, Cumbia and Reggeaton.

30 min: Modifying land to water choreography

30 min: Customizing choreography for different populations

15 min: Break

45 min: Application

(Total: 3 hours)

### Session Objective

Reinforce Aqua Zumba techniques and basic steps. Learn how to modify land choreography to the water. Learn how to make this choreography appropriate for different populations. Improve demonstration.

### Tips

Tempo

Initiate move with knee up

Pendulum

Soft knees and feet

### Choreo Notes

Song Name		
Song Part	Choreo notes	Notes
Intro		
Chorus		
Verse		
Bridge		
Chorus		
Verse		
Bridge		
Verse		
Chorus		
Break		
Music		
Chorus		

## Recommended Music

**Name of Song**

**Genre**

**Where it can be found**