



# **SESSION HANDOUT**

## **Come One Come All:**

### **Zumba® for Special Populations**

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## SESSION HANDOUT

### Presenter

Josie Gardiner, Joy Prouty & Joanne Fluke

### Schedule

10 min: Welcome and Overview  
5 min: Combined Warm Up  
30 min: Zumba Gold chair workout  
30 min: Zumba chair workout  
30 min: Zumba wheelchair workout  
10 min: Combined rhythms & cool down  
5 min: Final Wrap Up/ Q&A  
(Total: 2 hours)

### Session Objective

Identify 3 types/groups of participants that will benefit from a ZUMBA Chair Class  
Identify appropriate rhythms, moves and movement patterns for specific ZUMBA Special Population Chair Classes to deliver both physical and psychological benefits. Make the mind body connection  
Learn to use the different types of chairs as needed and/or used for Special Populations  
Learn to bring the ZUMBA Party to ZUMBA Chair Classes for Special Populations

### History & Background

ZUMBA Gold Participant: This section of the presentation will focus on the ZUMBA Gold individual that is older and is in an Assisted Care, Nursing Home, or Adult Day Care Facility. This ZUMBA class is designed for participants that are confined to a chair or wheel chair for most of the day.

There will be a quick overview of the physical and/or psychological challenges of this group  
There will be an explanation and demonstration (along with active participation) of appropriate moves, speed of music, music selection, and delivery of the workout.

ZUMBA Gold Chair Workout for Active Participants: This section will explore the use of a chair for a ZUMBA workout appropriate for those needing special assistance during a ZUMBA class due to fitness level, surgery, and/or illness.

There will be a brief discussion of the group embraced with this ZUMBA workout



This workout has the potential to be moderately intense with move movement and rhythm choices restricted by the use of a chair. Be prepared to participate!

ZUMBA Wheelchair Class: Learn how to bring the ZUMBA flavor, energy, excitement and challenge to the active wheelchair user.

There will be a brief discussion and overview of this workout and the various types of wheelchair participants that may be included.

There will be a discussion and demonstration (with participation) showing how to lead participants so they are challenged, “dance”, change direction and/or move, stabilize, apply resistance and stability.

### Application of the Zumba<sup>®</sup> Formula

**Z=mc2: Music, Core Steps, and Choreography**

As with all ZUMBA classes we follow the Formula. However it may be necessary to modify moves, timing, and speed, depending on the participants. Moves may carry over to more than one part of the song and may be repeated for successful participation.

### Basic Steps & Variations

ZUMBA Gold Chair Class

Merengue

Movement	Arm Variation	Beat/Rhythmic/Directional Variation	Fitness/Athletic Variation
March			
Out to side:4x, 2x			
6 ct			
Front, back			

ZUMBA Gold Chair Class

Salsa

Movement	Arm Variation	Beat/Rhythmic/Directional Variation	Fitness/Athletic Variation
Salsa Front			
Salsa Side			
Salsa Back			
Salsa Travel			

ZUMBA Gold Chair Class

Cumbia

Movement	Arm Variation	Beat/Rhythmic/Directional Variation	Fitness/Athletic Variation
Stomp			
Front, back			
Machete			
Sleepy Leg			

ZUMBA Gold Chair Class

Movement	Arm Variation	Beat/Rhythmic/Directional Variation	Fitness/Athletic Variation

ZUMBA Gold Chair Class – Active Participant  
Merengue

Movement	Arm Variation	Beat/Rhythmic/Directional Variation	Fitness/Athletic Variation
March			
6 Count			
Travel			
Beto Shuffle			



ZUMBA Gold Chair Class – Active Participant

Salsa

Movement	Arm Variation	Beat/Rhythmic/Directional Variation	Fitness/Athletic Variation
Salsa Front			
Salsa Side			
Salsa Back			
Salsa Travel			

ZUMBA Gold Chair Class – Active Participant

Cumbia

Movement	Arm Variation	Beat/Rhythmic/Directional Variation	Fitness/Athletic Variation
Stomp			
Front, Back			
Machete			
Sleepy Leg			

ZUMBA Gold Chair Class – Active Participant

Movement	Arm Variation	Beat/Rhythmic/Directional Variation	Fitness/Athletic Variation

ZUMBA Wheelchair Class

Merengue

Movement	Arm Variation	Beat/Rhythmic/Directional Variation	Fitness/Athletic Variation
Basic – tempo		½ tempo, 1/8 turns	
2 Step			
Zig Zag			



**ZUMBA**<sup>®</sup>

INSTRUCTOR  
CONVENTION

ORLANDO 2014

Beto Shuffle			
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ZUMBA Wheelchair Class  
Salsa

Movement	Arm Variation	Beat/Rhythmic/Directional Variation	Fitness/Athletic Variation
Salsa Side/Rib cage			
Salsa forward & back			

ZUMBA Wheelchair Class  
Cumbia

Movement	Arm Variation	Beat/Rhythmic/Directional Variation	Fitness/Athletic Variation
Stomp			
Front/back			
Machete			
Sleepy Leg			



ZUMBA Wheelchair Class  
Reggaeton

Movement	Arm Variation	Beat/Rhythmic/Directional Variation	Fitness/Athletic Variation
Stomp			
Down/single, double			
Destroza			
Bounce			

### Recommended Music

- Jump In The Line
- Mayhe
- Five Months, 2 Weeks, 2 Days
- Save the Last Dance For Me
- We are One
- Vete
- Me Vuelvo Loco
- Calendar Girl
- Mr. Saxobeat
- Bailando Por Ahi
- Marioneta
- El Blablaso
- El Baile De La Vela
- Strong