



# SESSION HANDOUT

## Zumba Gold Boost



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### Schedule

25 min: Welcome & Update

25 min: Science & Application

60 min: Drill how to use ZIN™ music and apply fitness variations

55 min: Class

15 min: Wrap up/ Q&A

(Total: 3 hours)

### Session Objective

The Boost is a refresher – the opportunity to take your Gold classes to the next level

## 2014 ZUMBA INSTRUCTOR CONVENTION

### Choreo Notes

Song Name	TBA	
Song Part	Choreo notes	Notes
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-		
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-		
-		
-		
-		
-		
-		
-		
-		

## Music playlist

Name of Song	Genre	Where it can be found
TBA		