



SESSION HANDOUT

Zumba Sentao Boost

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Schedule

30 min: Introduction, Updates & Lecture

Focus will be on developing the educational and market appropriate tools designed for the expansion and growth of the ZUMBA Sentao™ program, as well as analyzing the Sentao™ program and connecting choreography choices to meet these goals.

45 min: Application/ Master Class: A practical demonstration of a ZUMBA Sentao™ class that has been structured to connect the goals of safe & effective exercise programming, along with the magic, formula, fun and excitement of ZUMBA® Fitness.

45 min: Lecture- Developing additional Sentao™ programming (Creating Sentao™ Choreography)

Focus will be on:

- Core Steps for rhythm chosen
- Choosing core steps, combinations, transitions & patterns appropriate for group being taught.
- Importance of creating smooth transitions within choreography to ensure participant's safety.
- How to combine exercise science & application to provide a safe, effective and enjoyable experience.
(Modifications/Progressions)
- Importance of Cuing Skills, both verbal and non verbal.

45 minute: Group Drill Application/ Evaluation- Apply Lecture to selected rhythm (Cumbia/Reggaeton)

Song: Pa' Que Lo Bailen (ZIN Volume 42)

15 min: Final wrap-up/Q&A
(Total: 3 hours)

Session Objective

- Improve Techniques (Movement, Teaching and Cuing)
- Learn how to structure a ZUMBA Sentao™ class to meet the needs of all participants.
- Learn how to make choreographic changes necessary to modify and/or change to keep them appropriate for the ZUMBA Sentao™ participant.
- Develop new and unique choreography.
- Learn how to market your ZUMBA Sentao™ class and expand your outreach.

Choreography Drill Application

Core Steps & Variations

Choreo Notes

Song Name	Pa' Que Lo Bailen Bien	ZIN Volume 42
Song Part	Choreo notes	Notes
Intro		
Chorus		
Verse		
Bridge		
Chorus		
Verse		
Bridge		
Chorus		
Verse		
Music		
Chorus		
Verse		
Bridge		
Chorus		

Recommended Music

Name of Song	Genre	Where it can be found
Marioneta	Cumbia	ZIN Volume 45
Tu Carita	Tribal	iTunes
Dance With Me Tonight	Pop/Swing	iTunes
Balans	Caribbean Hip Hop	ZIN 38
Fiesta	Salsa/Reggaeton	iTunes
Hasta Que Salga El Sol	Reggaeton	iTunes
Tu Ritmo Me Tumba	Merengue/Reggaeton	iTunes