

SESSION HANDOUT

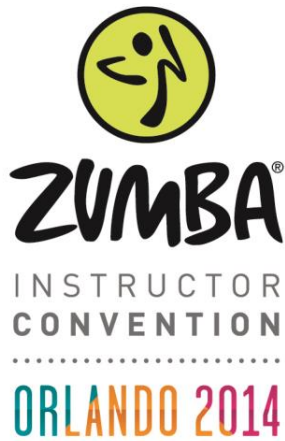
Zumba® in the Circuit

Presenter:

Shemane Nugent

Zumba® Convention Presenter 2011, 2012, 2013

Zumba® in the Circuit Developer



SESSION HANDOUT

Schedule:

10 min: Intro & Background
15 min: ZIC History
10 min: WHAT'S NEW!
30 min: New Exercise Demonstration
45 min Master Class
10 min: Wrap up/ Q&A
(Total: 2 hours)

Session Objective

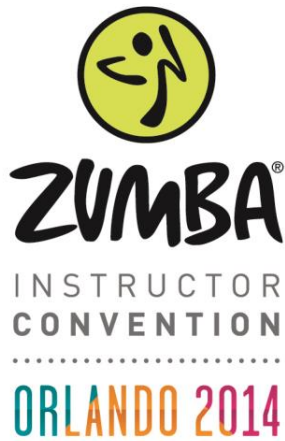
To provide exciting new ideas for teaching Zumba® in the Circuit!

- Learn how to create a class that fuses the exciting dance rhythms of Zumba® Fitness with resistance training to provide a complete, fun, and effective workout!
- Learn several different formats for teaching a ZIC class.
- Learn how to modify or intensify moves for beginners, intermediate and advanced participants.

History & Background

In March 2010, Beto Perez created Zumba® in the Circuit (ZIC) with inspiration from Curves CEO Gary Heavin. ZIN™ Member (and one of the original ZJs) Shemane Nugent was commissioned to develop the program and test it in seven Curves clubs in Texas. Zumba® in the Circuit was launched at the 2010 Zumba® Convention in Orlando!

As it was originally intended, participants in this 30-60 minute workout move around the circuit, changing stations every 60 seconds from strength training exercises to dancing in between stations. The ZIN member leads the class in the center of the circuit, encouraging participants on both the machines, and dancing. It has always been an option to teach ZIC outside of Curves, but now we are moving the focus of ZIC to teaching in a group exercise format in any gym! Yet another tool to add to your teaching tool belt! ZIC is an amazing way for instructors to hone their teaching skills and for seasoned instructors who don't want to worry about too much choreography. The most important part of this class is to get back to the basics: dance, get a great workout and have fun!



It's all in a name!

Zumba® in the Circuit has another name! Curves calls it the “Curves Circuit with Zumba”, and we use that name when teaching ZIC in a Curves club. When teaching ZIC in a studio setting, instructors call it “Zumba in the Circuit” (ZIC). Either name works!

What is Circuit Training?

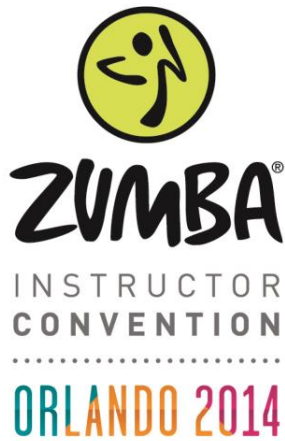
Circuit training is a form of body conditioning that alternates aerobic activity and muscular conditioning. It targets strength building and muscular endurance.. Because of its structure, circuit training can provide significant improvements in muscular strength and endurance, aerobic capacity and body composition. The purpose of circuit training is to enhance one or more components of fitness by performing a variety of exercises or movement patterns, each for a specific amount of time and ordered in a predetermined sequence. It increases muscle strength and endurance, metabolism and lean muscle mass, while decreasing bone loss, which can reduce the risk of osteoporosis

Application of the Zumba® Formula

As Beto says, “the music will tell you what to do.” During a salsa rhythm, perform basic salsa steps and add directional changes. For example; begin with a right and left salsa step then change to a forward and back salsa using the right leg. Repeat for the left side. As participants become confident with those steps, you can add arm variations then repeat the same moves for the next group.

What's New!

When taught in a studio setting, ZIC can be executed in a circular pattern, with the instructor in the center of the circle, OR as in a regular Zumba fitness class. While it is still applicable to teach one minute intervals between dancing and muscular conditioning, **ZINs can now alternate one full song of Zumba dance and one strength training exercise.** For example: Teach a salsa song using your regular choreography followed by one song teaching squats and lunges.



The following a list of strength exercises that can be used as a station in the circuit and potential ideas for using Toning sticks, a chair or bodyweight.

Upper-body

- Tricep extensions or tricep dips
 - (Toning sticks, or Chair)
- Back extensions
 - (Toning sticks, Bodyweight)
- Chest press
 - (Bodyweight push up, Toning sticks)
- Bicep
 - (Toning sticks)
- Shoulders
 - (Toning Sticks, Body weight)

Core & trunk

- Plank
 - (Body Weight)
- Stomach crunch
 - (Body Weight)
- Back extension chest raise

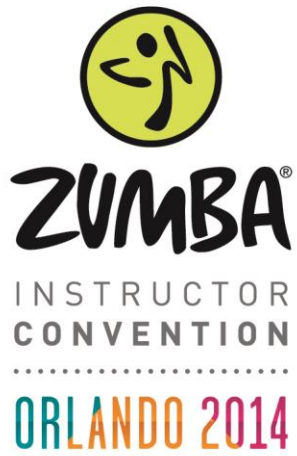
Lower-body

- Squats
 - (Chair, Bodyweight)
- Squat jumps

- (Bodyweight)
- Stride jumps
 - (Bodyweight)
- Lunges (forward, backward, lateral)
 - (Bodyweight, Toning sticks, Chair)
- Shuffle runs
 - (Bodyweight)

Total-body

- Burpees
 - (Bodyweight)
- Squat thrusts
 - (Bodyweight)
- Skipping
 - (Bodyweight)



Choreo Notes

LOTS of Choreography notes will be available at the session! Can't wait to see you there!

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