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v11 • Great dynamic~~

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Ashley Davidoff  
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(also known as

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[PDF] Zumba  
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an enthusiasm for  
weight training and  
understands that a  
weight training  
workout must be  
formatted differently

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Take The Lead -  
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Zumba.com

Sucheta Pal, Zumba  
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Specialist (ZES) This introductory training will give you the tools you need to lead your own Zumba® class. Learn the Zumba® formula, our four basic rhythms and more!

Zumba Basic 1

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The Aqua Zumba  
Instructor Manual ;

Aqua Zumba

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Certification Credits

for Instructor

Trainings (varies by

country) License to

teach Aqua Zumba

classes (as long as

you are a ZIN™

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Member in good standing) Is there an age requirement to participate in a Zumba® instructor training? Yes; a participant must be 18 years or older to attend any Zumba® Instructor ...

Zumba Fitness |  
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Zumba® Kids + Kids Jr.

Your training will be led by a Zumba® Education Specialist (ZES™) - one of the

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instructors. Every  
single ZES™ has been  
hand-picked by Beto,  
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their talent and  
extensive dance-  
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Basic 2 Instructor

Training 0.7 6 4 4 4 44

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Instructor Training  
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Training Manual

Basic Zumba  
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The path to  
becoming a licensed  
Zumba® instructor  
begins with the  
awesome intro  
trainings below:  
Zumba® Basic 1.

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## Zumba® Basic 1.

This introductory training will give you the tools you need to lead your own Zumba® class. Learn the Zumba® formula, our four basic rhythms and more! On-Demand; In-person; Livestream; Zumba® License; Jump Start Kids & Kids Jr. Jump Start

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How to Become a  
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Instructor: 7 Steps  
(with Pictures)

Complete the Zumba  
Instructor Training

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**Zumba Course.** These courses are a combination of lectures and practical training to give you the skills you will need to teach Zumba. Once you have completed the training course, you will be granted a one-year license to teach Zumba. Al ...

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Every beat has a  
move. And every

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Zumba has a beat. The music in STRONG Nation™ was reverse-engineered so that every squat, every lunge, every move is perfectly synced to the music, making your workout more efficient than ever. Learn More. STRONG ID ...

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Zumba combines  
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can Join the Party!

&plus; Hello, ZIN™  
and SYNC Members,  
We thank you for

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your patience as we have been monitoring the ongoing Coronavirus (COVID-19) situation.

As you know, we decided to move the original registration date from March 9, 2020 to early April in

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Zumba - Ditch the  
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Zumba combines Latin and International music with a fun and effective workout system. With classes and instructors worldwide, anyone can Join the Party!

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workshops, you ' ll

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be taught by a ZES (Zumba Education Specialist), which are classed as the highest rank of Zumba instructor in the niche. What you 'll learn at your training day or weekend are the ' basic steps ' to Zumba, so it ' s pretty much what it says on the tin.

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