

# Basic Zumba Instructor Training Manual

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check with your local fitness facilities gyms schools churches and ymca to see if they offer any zumba classes they might even have a zumba class just for kids so ask don t forget to check your local community calendar as well because many cities have zumba programs in place

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a detailed analysis of the crucial scientific principles of aerobic fitness dance and cardiovascular training part 2 of 2

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