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Latest News Updated 11:15 Am

**Dance your way to a fitter you**

By Adrian A. Febles  
 afebles@news-press.com  
 Originally posted on July 11, 2007

According to former NSync member Joey Fatone, while he was a contestant in "Dancing with the Stars" earlier this year, he lost quite a few pounds and felt fitter than he had since his boy-band days.

Back in the day, Jane Fonda and Richard Simmons became quite healthy — and wealthy — with their exercise to music videos.

But, the 21st century has yet to experience anything like that. Until now, that is. Say hello to zumba.

Zumba?

"Zumba is a fusion of Latin and International music. A beat that creates a dynamic and exciting exercise fitness routine," said Luz Marina Gil, one of two zumba instructors, who are staging a zumba event on the beach on July 29.

Zumba was created by Colombian-born, Miami-based choreographer Alberto "Beto" Perez. There are two versions as to where the word zumba comes from.

One version, according to the official zumba Web site, states that zumba is a Colombian colloquialism that means something that moves fast.

The other version, according to Gil, is that when Beto, as he is known professionally, invented the routine in Colombia, he called it rumba, but when he moved to the United States in 1999, he changed it to zumba due to Americans' inability to roll their "r's."

However, the word originated, zumba "is based on the principle that a workout should be fun and easy to do. Zumba is a feel-happy workout that is great for the body and the mind," Gil said in a phone interview. "It is a very intense workout."

**Zumba on the beach**

Gil and her business partner, Sandra, learned to be zumba instructors from the master himself.

"We trained with Beto in Miami and were certified three years ago."

The two svelte beauties will offer a zumba class on Sunday, July 29 at 11:30 a.m. at Junkanoo on the Beach in Fort Myers.

The cost is \$10 and the class lasts 75 minutes.

"The most important thing is to be hydrated. I tell my students to bring lots of water. It's going to be hot," Gil said.

Zumba is practiced barefoot and the class will be right on the beach, thus, Gil recommends that people dress in their swimwear.

People can park at Junkanoo on the Beach, which is located at 3040 Estero Blvd, Fort Myers Beach. 239-463-2600.



Photo courtesy to news-press.com

Luz Marina, left, and Sandra will host a zumba class on the beach on July 29.

**IF YOU GO**

— What: Zumba Summerfest

— When: Sunday, July 29 at 11:30 a.m.

— Where: Junkanoo on the Beach, 3040 Estero Blvd, Fort Myers Beach. 239-463-2600.

— Cost: \$10 for a 75-minute class

— Info: For more information, contact Sandra at nana7772@hotmail.com or call 239-826-4814, or Luz Marina at zumba.rhythms@yahoo.com 954-243-9080.

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