



Following My Lifecast: Here's a glimpse into my life. Scroll to the right to view chronologically, and click 'earlier' to see more.

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The only “exercise” (and I put it in quotation marks because it doesn’t feel like exercise) class to which I can be dragged *sans* the kicking and screaming is [Zumba Latin Fitness](#), at [The Ailey Extension](#). My mother is a dance fanatic - for the simple reason that she truly loves it - and takes three dance classes a week, and a few months ago she introduced me to Zumba. Like I said, I detest moving...and I LOVE this class. I cannot picture another cardio workout throughout which the participants cannot help but grin madly. (I’m not in the photo above, but the expression of the girl on the far right is pretty evocative of how I feel when I take the Zumba class.)

Zumba blends salsa, swing, jazz, and even ballet to tunes like *Boom Boom Pow* and *Single Ladies* (I don’t care what you say...you know you love it), and does so in an entirely casual, fun, non-threatening setting. I do think that it’s helpful to have some dance experience, but if you have even a basic sense of rhythm you won’t have a problem, as the instructor, [Ben Byrd](#), is extremely understanding of individual needs and really lays out the steps for you. Also, just as a sidenote, he’s not too hard to look at. Just sayin’.

Photo credit: Emily Cannarella