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UP FRONT



Zumba at the Ailey Extension

ZUMBA GETS AN UPDATE

Zumba just keeps growing. The dance workout, which combines Latin music and dance styles, continues to take over studios and gyms. Its newest style, Zumba Step, launched in April, blends Zumba's original hour-long dance party workout with a traditional heart-pumping step class, concentrating on the legs and glutes for a workout that's heavy on cardio.

"Zumba Step is a great introduction because it's simple. You don't already have to know the Zumba program," says Melissa Carias, who teaches Zumba at the Ailey School and owns her own fitness studio, Vivafit, in Guttenberg, New Jersey. Because it's not quite as dance heavy, the class entices newcomers, who often venture into regular Zumba once they're more familiar with the moves. Props are minimal: Zumba Step only requires studio owners to purchase the basic step accessory because the class does not use the height raises typically added in a traditional step class.

To teach Zumba Step, you must be licensed in the technique, with a basic Zumba license as a prerequisite. Zumba Step training lasts about nine hours and is held in several cities across the U.S. The one-day course costs \$200-\$260. zumba.com.