

corporate



ZUMBA
FITNESS

Ditch the routine,



Join the party!

Zumba Parties - for team building, fun, fitness and more!



Working out can be healthy, rewarding and beneficial. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

Our goal is simple: We want you to want to work out, and to love working out. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

In the past years, the Zumba® program has become nothing short of a revolution, spreading like wildfire, and positioning itself as the single most influential movement in the industry of fitness.

As of May 2010, the Zumba® program is being taught at over 60,000 locations in 105 countries, has sold millions of DVDs, and has changed the lives of Zumba® Fanatics worldwide with an astonishing 7.5 million participants taking Zumba classes every week.

Why?

Because it's the best party around.

Zumba. Join the Fitness Revolution.

Zumba Facts:

Burn up to 1000 calories per session

Have fun, dance & learn new world rhythms

Engage your body & mind

Learn valuable team building & leadership skills

Zumba Options:

Lunchtime 40min Power Sessions

Ongoing / Casual Workshops

Half Day Zumba & Team Building

Full Day Zumba & Team Building

In House Sessions

Sessions at Spin City Dance

about sharon pakir



Sharon Pakir is an internationally renowned dance instructor with years of coaching, teaching and performing under her belt. Comfortable with groups of 2 - 200, Sharon engages the crowd with her wit, ability to energize a room, and her natural exuberance. Sharon's work as a business consultant also makes her an ideal candidate for Zumba and dance based team-building activities. Sharon's experience in facilitation of traditional workshops in corporate settings means that your team can also benefit from using Zumba as a fun corporate team building activity to explore relatedness, communication styles, learn facilitation and leadership, and more.