Learning Experience

Section 3

# 9

**Class 1: Zumba**

I sat in a class offered at one of my local gyms called Zumba. It is a mix of different dance styles made into an aerobic workout, that is intended to strengthen the persons core, abs and tone the physique.

**Was the class as I expected it to be?**

In a sense, yes. I the class was all dance-based, and kept the students active pretty much the whole time. The only rest periods were when the song/dance changed. However, I did previous believe they incorporated yoga routines into it, but I was mistaken; it’s all dance and all fun.

**What did I learn?**

I learned that this is pretty much only a mild physical activity. I didn’t notice that anything in the class was muscle or extreme fat burning (at the pace they were going anyways). This class seemed to only strengthen core muscles and keep the students active.

**How would I rate the instructor?**

I would rate high. They kept the students motivated, active, with the pace, and kept the ball rolling. They were very enthusiastic about teaching the class, and it seemed the got great satisfaction from doing it.

**Class 1: BodyPump**

**Was the class as I expected it to be?**

Not for the least bit. This class impressed me a lot more than Zumba. High intense, using weights, core strength, etc. When they say “BodyPump”, they meant it.

**What did I learn?**

I learned a lot from this class. I felt most classes were just aerobic routines, but this one really was an all-around class. This would be perfect for anyone wanting to get really into shape.

**How would I rate the instructor?**

Great. Enthusiast, fun, exciting, wanting people to succeed in their goal to becoming in-shape.