

Basic Zumba Instructor Training Manual

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check with your local fitness facilities gyms schools churches and ymca to see if they offer any zumba classes they might even have a zumba class just for kids so ask don't forget to check your local community calendar as well because many cities have zumba programs in place

this book has been written to give new instructors and people thinking about becoming personal trainers an insight into what is involved in this constantly evolving and popular profession giving you a clearer understanding and covering a wide selection of topics everything you need to know about personal training is covered in this book covering subjects from how to get qualified and getting started to running your business

acsm s resources for the group exercise instructor 2nd edition equips fitness professionals with the knowledge and the skills needed to effectively lead group exercise in gyms studios recreational facilities and clubs an essential resource for undergraduate exercise science programs students in pre professional programs and those independently prepping for the acsm gei certification this engaging accessible text reflects the authoritative expertise of the american college of sports medicine acsm and delivers complete preparation for becoming an acsm certified group exercise instructor the extensively revised and reorganized 2nd edition streamlines learning and aligns content to the domains of the acsm certified group exercise instructor exam boosting exam confidence and delivering step by step guidance to ensure success in professional practice

as a fitness brand zumba fitness has cultivated a devoted fan base of fifteen million participants spread across 180 countries in fitness fiesta petra r rivera rideau analyzes how zumba uses latin music and dance to create and sell a vision of latinness that s tropical hypersexual and party loving rivera rideau focuses on the five tropes that the zumba brand uses to create this latinness authenticity fiesta fun dreams and love closely examining videos ads memes and press coverage as well as interviews she conducted with instructors rivera rideau traces how zumba fitness constructs its ideas of latinx culture by carefully balancing a longing for apparent authenticity with a homogenization of a marketable south of the border style vacation she shows how zumba fitness claims to celebrate latinx culture and diversity while it simultaneously traffics in the same racial and ethnic stereotypes that are used to justify racist and xenophobic policies targeting latinx communities in the united states in so doing rivera rideau demonstrates not only the complex relationship between latinidad and neoliberal postracial america but also what that relationship means for the limits and possibilities of multicultural citizenship today

are you zumba instructor are you looking for an awesome log book while expressing your love to zumba then this log book is perfect for you that s why you need this zumba log book practical a5 format 110 pages to fill out yourself high quality and distinctive cover great gift and souvenir

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