

eliminating racism empowering women

ywca press release

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FOR IMMEDIATE RELEASE

YWCA YORK LAUNCHES ZUMBA® FITNESS CLASSES

YWCA York launches Latin-dance inspired phenomenon that is sweeping the world into fitness

York, PA, March 1, 2010 — YWCA York is infusing party fun into fitness by launching Zumba® classes with newly licensed instructor Maria Colahan. Classes will be held on a revolving basis at YWCA York on Mondays and Wednesdays at 6:00 p.m. and Saturdays at 10:15 a.m. Participants need to be members of YWCA York to take the classes; however, non-members can come check out one Zumba® class for free. The team of instructors includes Colahan, Patti Krigbaum and Courtney Stoner.

Zumba® Fitness eliminates the “work” from “working out” by combining amazing, irresistible Latin and international music with dynamic, yet simple exercise moves, using their unique intermittent training format.

While Zumba® Fitness embraces all the fundamental principles of fitness, the extraordinary secret behind Zumba® Fitness is how Zumba® Dance rhythms motivates the body to efficiently burn calories, effectively tone all muscle groups, incorporate full range of motion, and improve the cardiovascular system. Fun and music are the two special motivational ingredients. Utilizing the natural beat, tempo, and music transitions, the Zumba® dances seamlessly flow from one toning, strengthening, or cardio move into the next. Participants are constantly engaged and entertained with the variety of rhythms including salsa, merengue, samba, belly dancing, cumbia, flamenco, reggaeton, and more. Even those with two left feet are successful in a Zumba® class because of the natural flow of the simple steps that radiate though the body in synch with the music.

For more information, contact Tara Neff at 717-845-2631 x131 or tneff@ywcayork.org.

Founded in 1858 and headquartered in Washington, D.C., the YWCA is a women's membership movement whose mission is to eliminate racism and empower women. Strengthened by diversity, the YWCA draws together members who strive to create opportunities for women's growth, leadership and power to attain a common vision: peace, justice, freedom and dignity for all people. The YWCA represents approximately 2 million women, girls and their families in the United States and 25 million women worldwide. The YWCA has more than 300 associations throughout the United States. The World YWCA is at work in more than 100 other countries. For information about the YWCA or local YWCA associations, visit our website, www.ywca.org.

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