



Christy Rae

Christy Rae lives in Winnipeg, MB. She has been a Zumba™ Instructor since April 2013 and absolutely loves teaching Zumba™ classes. The reason is simple: Every class feels like a party! She is currently licensed to teach Zumba and modified Zumba for beginners, older adults or individuals with an injury, Zumba® Toning, Zumba® Kids & Kids Jr. and Strong by Zumba. She has been involved in dance for over 30 years – both as a dancer and a teacher and now a Zumba Instructor.

ZUMBA® IS.....Perfect For

Everybody and every body! Each Zumba® class is designed to bring people together to sweat it on.

How It Works

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Benefits

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.