



Madras Club

# ZUMBA

*with Venkat Appu*



Three Classes a Week  
**Tuesday, Thursday and Saturday**  
between 9am and 10am  
**Rs. 2,800 (plus GST) a month**

**Zumba** is an exercise fitness program created by Colombian dancer during the 1990's. It involves dance and aerobic movements performed to energetic music. The choreography incorporates hiphop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included.



*Venkat Appu has been taking zumba classes at Madras Club for the past five years. He is a certified Zumba instructor and has his own dance company called Dance Laboratory Entertainment and Fitness. He is also a dance choreographer.*

To enrol, please call Ravi at Madras Club Gymnasium +919444422337

P. B. Biswajit Babu  
Member-in-charge, Gymnasium