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Ditch the workout, join the party!

April 15, 2011 — Let's face it, working out can be healthy, rewarding and beneficial. Working out can be lots of things, but it's never been known to be an exhilarating experience...until now.

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class.

Classes with instructor Maria Negron are \$7 and are offered from 7 to 8 p.m., Mondays, at the Harris M. Saxon Community Center located at 2329 California St. and from 7 to 8 p.m., Thursdays, at the Deltona Community Center, 980 Lakeshore Drive. For information, call (386) 878-8900 or (386) 868-8504.