

# Aqua Zumba FAQs



Q. How long is the class?

A. 45 minutes

Q. I take Zumba at the gym, is Aqua Zumba the same routines but in the pool?

A. "Aqua Zumba is the aquatic lower impact version of Zumba"

Q. Do I have to memorize the routines?

A. "It will be exactly the same routine to the same song every time so you get a chance to learn the routines at multiple classes if you don't catch it all the first time" Instructors will make routines easy-to-follow so you can join in at any class throughout the summer.

Q. Will we be doing the same songs every class?

A. "A few songs will be changed now and then to keep it fresh."

Q. Will I even get a workout from doing Zumba in the pool?

A. "You will be moving your body against the resistance of water so be prepared to exercise and have fun!"

Q. Since we are in the pool do I have to bring a water bottle?

A. "Exercise in water can cause dehydration. Bring water to class and drink as many times as you need them."

Q. Can I participate if I cannot swim?

A. "No swimming skills required."

Q. What if some of the moves are too difficult for me?

A. "Do only what's comfortable and appropriate for you in class but most of all make sure you have fun!"

Q. What do I wear to Aqua Zumba class?

A. SUPPORTIVE swimwear is the best option when participating in Aqua Zumba. Washington Boro Recreation is not responsible for any articles of clothing that you bring into the pool. You may want to invest in a pair of shoes designed for aqua fitness to avoid your feet slipping on the bottom of the pool while you exercise, however they are not required.