

### **How did you get into teaching zumba?**

I took an interest in getting fit after I was diagnosed with breast cancer and read about the advantages of aerobic exercise in preventing recurrence. I was very into yoga at the time as I've hated all form of aerobic class I've previously tried (step, cycle, running) I am constitutionally averse to sweating! Then I discovered Zumba at my local gym and loved it as I love to dance socially. With zumba I find the music and choreography are a distraction and make the exercise fun and interesting. It's hard to get bored because every week there's a different set of routines and music. It all made sense to me. I could easily zumba for hours but I still can't run for more than five minutes even though I'm very fit now!

### **What do you like about teaching in a community setting like WPCA?**

I am a local mum and have kids at Yerbury. The local community is very friendly and I love being part of the WPCA helping to keep people fit and active. I know many of my regulars from being at the school and around the area so the class is a friendly gathering and we chat before and after class.

### **Who or what inspires you?**

I love to watch dance videos on YouTube. There's a very active zumba community on YouTube and I follow a lot of people who post there regularly and take inspiration for their choreography [if you want I can send you some names of people]

### **What advice would you give to someone who wants to start learning zumba?**

You don't really learn zumba – you come along and do your thing. Some people (especially those trained in music or dance pick up choreography really quickly, others take a bit longer). The beauty of zumba is you go at your own pace, do what you can but as long as you're moving you're exercising. Some regulars start out struggling with some of the steps and it's wonderful to see how much they improve in terms of coordination and technique over time.

### **If you could have anyone in your class who would you love to be there?**

Darcy Bussell! She's often spoken about her obsession with zumba after she retired from ballet. She's be so fun to have in class even if I'd be slightly worried I'd not be 'good enough' as her instructor!