



The Fitness Fuzion is a new fitness studio specializing in the fitness revolution called.... Zumba! Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be “fun and easy to do.”

Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

Owners and sisters, Lorna White and DeDe Stewart are very passionate about Zumba and how it changes peoples lives and they are excited to have the opportunity to share their passion and enthusiasm,



DeDe Stewart & Lorna White

not only with adults but to kids as well. “Zumba Kids is designed to give all kids a chance to make fitness a fun and important part of their lifestyle,” says Lorna. “A birthday party or group trip to the studio will make memories to last a lifetime.”

Instead of the typical membership plan and contracts, *The Fitness Fuzion* offers all classes on a walk-in basis at \$6 per class! Nothing to enroll in or pay dues for; “We do offer a punch card of 10 classes for \$50 as a discount, though, so you can stop in for a class whenever you want. The first class is even free,” explains DeDe. “Zumba can be a refreshing break in the routine for a person who frequently works out or a fun spontaneous way to get moving when you get the urge.”

The Fitness Fuzion
120 Ft. Zumwalt Square, O'Fallon
(636) 294-7720
thefitnessfuzion.com