What is Zumba® in the Pole Circuit?

Take the high-energy, Latin-inspired dance-fitness moves of the Zumba® program and mix them with a series of strength exercises at timed intervals and you've got Zumba in the Circuit, the 30-minute workout that's putting a new spin on circuit training.

Zumba has been working with Curves and produced the above course, I have just qualified as a Zumba instructor and I think it would work amazing with the pole Circuits but Zumba needs more than just me telling them. I think this should be taught only by PDC approved schools as we need to keep the integrity and quality of both. If you are PDC approved school and agree please print this off as many as you need and get all your interested customers to sign it. Send them back by post to Soul-POLE 35a union street AB11 5BP or scan and email to info@soul-pole.com

Name of school:_____Main instructors name:_____ Date:_____

Name	Email	Attend a PDC approved school ✓

Thank you for your support