

Zumba Fitness Program Guide

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Zumba - ditch the workout, join the party

program guide From stretching guides to the science of Cardio Bursts, to a little taste of Zumba history, the Program Guide is filled with useful, engaging content.

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Jan 08, 2012 Best Answer: Actually there are different schedules in the guide: 1) 10 day accelerated fat loss program: Day 1) Zumba Activate Day 2) Zumba Exhilarate Day

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Does anyone have the zumba 10 day calendar? |

Mar 28, 2010 Best Answer: Hello Crystal, The Zumba Fitness kit also contains a Total-Body Transformation manual or guide which assists you in the Zumba workout.

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