

Hi, my name is Colleen Ooms and I have been enjoying Zumba(r) fitness for several years. I became a licensed instructor in January 2013 and have been averaging one JAM session a month to keep up with the latest new Zumba(r) choreos. Zumba(r) exercise classes are "fitness-parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration. No dance experience required. All you need is your smile and the willingness to have fun. I look forward to meeting you.

Thank you,

Colleen