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Basic 1. This

introductory training  
will give you the tools  
you need to lead your  
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Learn the Zumba ®  
formula, our four basic  
rhythms and more!.

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Became A ZUMBA  
INSTRUCTOR What's up  
beautiful people! This  
is a quick rundown of  
how I became a Zumba  
Instructor (for b1 or  
basic 1 instruction)  
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the Circuit (ZIC)

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uses moves throughout

the class that require a

great deal of control of

the midsection of the

body (abs and back).

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Dance Fitness  
Presenter. The training  
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Register for this  
training before  
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as we have been  
monitoring the ongoing  
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(COVID-19) situation.

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the foundation and  
formula to teach a  
ZUMBA Fitness class.  
You will learn the steps  
to four basic rhythms  
(merengue, salsa,  
cumbia

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## PDF Basic Zumba Instructor Training

My Saturday secret project is revealed! I spent all day Saturday doing my Zumba Basic 1 Training, which means that I'm now an official zumba instructor!. Be sure to scroll all the way to the end of this post for more useful instructor links.

**Zumba Basic 1  
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at your first Zumba Instructor Training, you were asked to create a user name and password. These were sent to you via email after registration. To start, use this information to log in to ZIN home. 1. Go to zumba.com 2. Click on the "login" tab on the top right. 3. Enter your user name and password. To change your password go to

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### **WELCOME TO THE ZUMBA family**

will have all the information an instructor needs to conduct a presentation. An instructor who takes the time to PREPARE, utilizing a lesson plan, will be able, to conduct a QUALITY TRAINING PROGRAM. Purpose of a Lesson Plan It forces the instructor to “think” and “prepare” in advance. A guide for

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the presentation of the  
course content, key

### **Module I:**

#### **Instructional Basics**

Instructors looking to teach Zumba must first start with basic Zumba training. Zumba offers two basic training classes: Zumba Basic 1 and Jump Start Gold. The Zumba Basic 1 class provides the basic...

### **Zumba Fitness**

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### **Instructor Certification | Work - Chron.com**

With Instructor: Coco Qing Xie This training is the first step to becoming a Zumba instructor. It teaches both the foundation and formula to teach a Zumba class. Students learn the steps to the four core rhythms (merengue, salsa, cumbia, reggaeton), how to put these steps together into a song,

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and how to create a  
Zumba class.

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