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Zumba on ACSM's top ten list

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Being named a top trend by **American College of Sports Medicine** is a huge deal. Why? Because not only is the ASCM one of the most respected health and fitness organizations in the world, but also because we're the only branded fitness program to appear in the **top 10**. Being placed on par with "Personal Training" and "Strength Training" is unprecedented! Very few companies in the world have created this sort of distinction within their industry, where a branded product grows to define an entire category. **We have become the global face of dance-fitness** because of the passion you express in class - the passion to give your students a piece of your heart every time you are in that room, helping them **forget their troubles** for that one hour and focus on the moment. Step back for a second and think about that student that has walked up to you and told you that you changed his or her life. **We are a top 10 trend** because our instructors give people so much more than fitness. So to each and every one of you, congratulations and thank you!

Here is the list in case you missed it ...

1. Educated, certified and experienced fitness professionals
2. Strength training
3. Fitness programs for older adults
4. Exercise and weight loss
5. Children and obesity
6. Personal training
7. Core training
8. Group personal training
9. **ZUMBA and other dance workouts**
10. Functional fitness



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