

From «Happy Accident» to Worldwide Phenomenon

Fast forward to today, the Zumba program is now taught in gyms and studios all over the world to millions of Zumba enthusiasts. And as the program continues to evolve – from its humble beginnings, to a global movement, to a way of life – its growth has only deepened our commitment to providing accessible fitness, without the strain, without the sacrifice, just the pure joy of a party.

So, whether it's a life-saving drug or a new kind of dance-fitness, a «happy accident» can move you in a new direction and change your life forever. That's what happened to us. And now we look forward to sharing the Zumba program with you.



ocean CLINIC
PLASTIC SURGERY - AESTHETIC MEDICINE - DENTAL AESTHETICS

Avenida Ramon y Cajal, 7
Marbella - info@oceanclinic.net

951 775 518 - 670 770 455
www.oceanclinic.net

Recommended by



ocean CLINIC

PERSONALIZED WORKOUT

ZUMBA

With Lisa Greenwood

664 843 119

lisa.greenwood2@gmail.com





Personalized Workout

To keep you motivated after the big step you have already made with any fat reducing surgery and to maintain the great results achieved,

we suggest a regular postoperative workout schedule.

Because we know that workout in the gym can be boring sometimes, one of our former patients can offer you an effective, fun alternative: ZUMBA.

ZUMBA is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system.



Classes held at Danceworks Studios Mar y Sol, Sotogrande & Elysium Spa, Hotel Almenara, Sotogrande. Please contact me for other places and class timetables.

664 843 119 - lisa.greenwood2@gmail.com

ZUMBA Story

Sometimes, great ideas are born from accidents. Penicillin, X-rays, Post-it Notes, even ice cream cones were all serendipitous «accidents.» From these «happy accidents» came a world of good – innovations that changed things. In the mid-'90s, no one could have predicted the success of the Zumba® program, not even Alberto «Beto» Perez, who created the Zumba program, after what many have called a true «happy accident.»

The Original «Fitness-Party» As a fitness instructor in his native Cali, Colombia, Beto's life took an unexpected turn one fateful day in the mid-'90s when he darted off to teach an aerobics class and forgot his traditional aerobics music. He improvised using his own mix of music from tapes he had in his backpack (salsa and merengue music he grew up with). Spontaneously, he created a new kind of dance-fitness, one that focused on letting the music move you (instead of counting reps over the music). Energy electrified the room; people couldn't stop smiling. His class loved it! And on that day, a revolutionary new fitness concept was born – the Zumba® Fitness-Party.

