



Wesley's got a new groove!



This semester, Wesley has added a new and fun way to reach students here at the U of A! On Monday nights, Wesley now offers a free Zumba class to university students. Zumba is an exercise fitness program that incorporates latin and hip-hop inspired dance moves – perfect for students to get down and burn some calories!

As our ministry continues to grow and thrive, we continually look for new opportunities to meet the needs of the students we serve. Long nights studying and late night snacks are a staple in the life of a college student. With our new Zumba class, students are encouraged to take care of their bodies as well as their souls by dancing away the academic and other stresses in their lives. "Monday night Zumba is a lifesaver after a ridiculously long day, and it boosts my mood when I'm stressed out about school," expressed UA Sophomore Maria Folkerth.

Our College Pastor, Emily Burch, has a love for dance and became a certified Zumba instructor this past November to help bring this love into our ministry and use it as a tool for outreach. This fun event has made our students feel comfortable inviting friends outside the ministry to Wesley. With sorority houses and dormitories surrounding the Wesley House, Zumba has also been a great way to reach students who might not otherwise have responded to an invitation to attend a college ministry. With a core group of 15 students showing up each week, we have seen more than a dozen new faces come through our doors for Zumba since its start this semester. Emily hopes eventually to interview with the UREC at the U of A and to teach both on campus as well as at Wesley.

Our Zumba class welcomes all levels, from students that have experience dancing, to those for whom it is their first time moving to a beat. "I'm a beginner, but I feel so comfortable in this space. Being around people I know helps me let loose and just move to the music!" shared UA Senior Betsy Hein.

Held in our Nita Lindsey Great Room, we have the perfect open space and sound system for a great dance party! Watching students have fun moving to the music and laughing together is truly a testament to the Holy Spirit being ever-present in this place, no matter the activity!

