

ZUMBA For The Entire KM Community!

At Kettle Moraine School District, health and wellness has always been an important aspect in our schools. With all the past year has brought us, it is even more important to consider ways to stay healthy and active in a stress-free and fun environment. Kettle Moraine Community Education is now offering an opportunity for their employees to stay active and healthy throughout the entire year. The opportunity is even open to community members.



For the past two years, the Kettle Moraine School District has been sponsoring a fun fitness program called ZUMBA®, to their employees at no cost to them! ZUMBA is an aerobic fitness program that incorporates Latin, as well as world dance, in an engaging, community atmosphere. In ZUMBA, ANYONE can move and there is no right or wrong way to do so! This class is available for Kettle Moraine employees to enjoy one, two or three days per week in 45-minute sessions.

Over the past year, ZUMBA has successfully transitioned from live, in-person classes to virtual, online classes.

Many employees have been experiencing benefits to both their physical and mental health and have appreciated the opportunity the district offers.

Here are some of the amazing things our employees have to say:

Zumba has kept me moving , it was a lifesaver when we were stuck at home last spring. It was so good to see and dance with friends! I am able to adjust the dance moves to my level and it sure helps ease the stress. I know my balance is so much better - thank you Lisa!

Zumba has been the best thing for me in 2020!! I am so happy I decided to try it this fall. If you're having "a day" come to Zumba and dance it out! Lisa's energy and enthusiasm and the dancing, will make it better. No one can see you at home and if you aren't doing the exact same steps, it's okay, just keep moving. That's my Zumba mantra! Have fun and get healthy at the same time it doesn't even feel like exercise!

I have always been a runner, and then I found yoga. After 25 years of competitive running I had lost the enjoyment I used to feel to exercise. So I stopped. Not working out at all wasn't good either. Then I decided to try Zumba. I fell in love with exercising again. I can choose my intensity level, the music is great, Lisa is a fantastic motivator and the bonus is I am at home and so..... to learn the moves etc no one saw me when I made a mistake or still do... it's a no pressure way to get a great workout that does produce results. I am stronger in many ways that running couldn't provide.

"I love doing Zumba with Lisa! She is easy to follow, makes everything fun, and she's a complete no-pressure person. I can modify any moves if needed and still get many steps in! It feels so good to be active!"

Zumba is the best way to get in an exercise without really feeling like you're exercising! Zumba is also great in that you can join later and leave early if needed. The more people, the more fun!

I have so much fun with Lisa and Zumba! It's not about form or even staying with the beat! It's about moving and getting your heart rate up! It's also a great way to de-stress!

Very much enjoying Zumba by getting a great workout in 45 minutes. Lisa Welch is a great teacher and motivator. Come join the fun!

I really enjoy Zumba because I get to work out at home, but yet I am with friends! I don't have to go anywhere, I don't have to be perfect because no one else can see me, but yet I am having fun and sweating at the same time. You can go as hard as you want or as slow as you want and no one cares!

I have no Zumba experience and a schedule that allows me to join infrequently, so while doing it all year, I'm still terrible, but Lisa makes it fun. I just follow along and dance like no one is watching.

Kettle Moraine has also given community members in our district the chance to join in the fun! We are only in our second week of our 6-month session and there is still time to sign up!

How to sign up as a community member:

<https://kmsd.revtrak.net/rwcommunityeducation/>

How to sign up as a district employee:

<https://drive.google.com/file/d/1kIKdXTcakkliokkpioQPNWr2LTdVz6yr/view?usp=sharing> (please make a copy and fill in, and send to welch1@kmsd.edu or kelly@kmsd.edu)



