



Japanese Cultural and Community Center of Northern California

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PRESS ANNOUNCEMENT For Immediate Release

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JCCCNC Further Expands Class Offerings with Zumba

San Francisco –The Latin dance-inspired fitness program, Zumba, will make its debut on June 3 as a regularly scheduled class at the Japanese Cultural and Community Center of Northern California.

From the onset of 2012, the JCCCNC has tried out a handful of new programs, classes and workshops to add to their already extensive list of 100 ongoing activities to meet the needs of their constituents and hopefully draw in new participants and members. Zumba is the sole program that has made it onto their regular schedule after a very successful free workshop on May 20.

“We’re always willing to try something new and so many people asked us to bring Zumba to the Center. We did and they came ready to party,” said Ryan Kimura, JCCCNC Director of Programs. “It was exciting to feel the energy from all of the participants working out while having fun. But what was even more exciting was to see all of the new faces that this “craze” brought into the Center.”

Classes will be taught by licensed Zumba instructor, Noriko Rovner, who has been dancing ballet, jazz, hip hop and salsa for almost 20 years, and has taught Zumba classes in San Jose’s Japantown.

Beginning Sunday, June 3rd, classes will be offered weekly on Sundays with Zumba Gold from 9:30-10:15 a.m. and Zumba Fitness from 10:30-11:30 a.m. Zumba Gold classes are specifically designed to the needs of the elderly with lower impact moves, which can help them to build strength, improve motion and posture, and socialize. However, anyone who feels they are not ready for a high impact, fast paced workout can also join Zumba Gold classes.

Class fees are: Zumba Gold: \$6/ JCCCNC Members and \$10/ non-members. Zumba Fitness: \$8/ JCCCNC Members and \$12/ non-members. The first class is free for new participants.

To sign-up for a class or for more information please contact the JCCCNC at (415) 567-5505 or email programsevents@jcccnc.org.

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