

I am pretty impressed! For the new year, I told myself I was going to take an exercise class of some sort, and I'd heard lots of positive things about Zumba. After searching around online, I stumbled across an adult class being offered at Rocky Mountain School of Dance & Performing Arts (RMSDPA) not far from my house.

The class was a lot of fun, even if it did provide me with a glaring realization that I have a lot of weight to lose and I'm ridiculously out of shape. The instructor was a great teacher and lots of fun and the other women in the class were very nice, too, and not the high energy aerobics fiends that intimidate me. I didn't feel like I was in a boot camp and there weren't any people being overly enthusiastic and clapping at inappropriate times, so that worked.

The lady at the front desk, Vicki, was really sweet and helpful, and I thought it was extremely cool how they had video cameras set up in the dance classrooms so you could actually watch the classes in progress with the kids on big screens in the front lobby. (But not the adult zumba classroom, by the way.)

From the looks of the trophies and pictures, it looks like these folks really mean business and have won a bajillion awards. I'm definitely going to look into classes for my daughter here in the future, and continue with my weekly Zumba classes.