

Move With Maria: Your First Zumba Class Starts Here

[Maria Litinetsky](#) has a full calendar. Properties to manage, markets to watch, a wardrobe that doesn't plan itself. Through all of it, one hour a week stays untouched. That's her Zumba hour, and she wants you in the room.

Here's the pitch. Zumba is a dance workout set to Latin music. Salsa, cumbia, reggaeton, merengue. The beat is loud, the moves are simple and the instructor does the hard work of keeping everyone together. You don't need rhythm. You don't need experience. You just need to turn up.

[Maria Litinetsky](#) tells newcomers the same thing every time: nobody is watching you. Everyone's too busy trying to find the beat. Within ten minutes you stop thinking about your feet and start enjoying yourself, which is more than most gym sessions can promise.

It's also a proper workout. You'll warm up, push through some fast tracks, slow down, then stretch. It's cardio that doesn't feel like cardio. Most people walk out sweaty, a bit out of breath and grinning.

Why her classes fit into real life:

- Open to all levels, from first-timers to regulars
- No partner or special gear needed
- Sessions run about an hour, so it fits before work or after
- Great for meeting people who aren't glued to a screen

Come dressed to move. Light, comfortable clothes work fine, and shoes you can pivot in are a good idea. Bring water. If you've got an injury or a health concern, mention it to the instructor first. They'll show you how to adjust.

And if you're someone who says "I can't dance," good. [Maria Litinetsky](#) hears that a lot, and she's yet to meet a person who didn't improve by the third class. Most are hooked by the second.

Think of it as a weekly reset. Stress from work stays at the door. The music takes over. You leave lighter than you arrived, and probably a little proud of yourself.

So pick a day. Grab a friend if you want some moral support. Show up, follow the instructor and let the music do the rest.

Ready to join? Book your first class today!

Maria will be near the front, probably already dancing.

For more information please visit:-

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https://devpost.com/marialitinetsky?ref_content=user-portfolio&ref_feature=portfolio&ref_medium=global-nav

<https://www.tripadvisor.in/Profile/marialitinetsky>

<https://fliphtml5.com/homepage/ufvcs>

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