

FOR IMMEDIATE RELEASE

## ZUMBA PROVIDES DANCE-INSPIRED WORKOUT WITH LATIN FLAIR

PHOENIX -- Looking for a new way to get your feet moving and your heart pounding? Try Zumba.

The high-energy Zumba fitness classes at JW Marriott Desert Ridge Resort's Revive Spa offer an aerobic dance workout set to Latin and international music. Incorporating hip-swaying, body-energizing moves inspired by flamenco, salsa, meringue, hip hop and belly dancing, the dynamic exercise is great for all ages.

Zumba routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt the body while burning fat.

"Participants have so much fun they forget they're working out," said Revive Spa Zumba instructor Dorothy Velasco. "You'll see results and enjoy yourself with this fast-paced workout."

Zumba is available to guests of JW Marriott Desert Ridge Resort & Spa for \$12 or complimentary for anyone receiving a minimum of one 50-minute treatment at Revive Spa. For \$75, non-resort guests may access the Revive Spa facilities and fitness classes. Zumba classes are offered at 10:45 a.m. on Sunday and at 12:15 p.m. on Monday, Tuesday, Thursday and Friday.

For more information, please contact Revive Spa at 480-293-3700.

The largest luxury resort in Arizona features 950 guestrooms (including 81 suites), 240,000 square feet of indoor and outdoor meeting space, 10 dining experiences,

- more -



5350 East Marriott Drive • Phoenix, AZ 85054  
480-293-5000

1ST ADD  
ZUMBA FITNESS CLASS

Marriott's first Revive Spa -- a 28,000-square-foot facility -- eight tennis courts and four acres of elaborately landscaped pools including the Lazy River with serpentine slide, two championship golf courses and Wildfire Golf Club. JW Marriott Desert Ridge Resort & Spa is located where Phoenix meets Scottsdale, just 20 minutes north of Sky Harbor International Airport, with easy access to the Loop 101 freeway.

For more information about JW Marriott Desert Ridge Resort & Spa located at 5350 E. Marriott Drive in Phoenix, Ariz. call 480-293-5000, toll free at 800-835-6206 or visit [www.jwdesertridgeresort.com](http://www.jwdesertridgeresort.com).