

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: FRIDAY 29 APRIL 2011

ATTENTION: Chiefs of Staff, News Directors



Zumba sensation Maria Teresa Stone in Tassie

Unigym is proud to be hosting Tassie's first Zumba master class with international Zumba celebrity and education specialist Maria Teresa Stone tonight (**Friday 29 April 2011**) at 6.30pm.

Maria will also run Zumba workshops this Saturday and Sunday.

Maria is a Mexican-born international group fitness instructor and presenter, with over 14 years experience in the fitness industry. She has been part of the Zumba Education Specialist team since 2007. In 2009, she brought Zumba Fitness to Australia and New Zealand.

Maria has given countless Australians the chance to be part of the Zumba Family through her training sessions and has personally trained over 4,000 instructors in Mexico, China, Australia and New Zealand. She has featured in industry magazines, newspapers and can currently be seen on Australian TV infomercials promoting Zumba.

Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, dance fitness-party.

"It has certainly touched the lives of our Unigym participants," said Helen Kollias, Unigym Group Fitness Coordinator.

"Zumba is still the largest attended class at our Centre since February 2010 and everyone is still smiling."

This weekend Maria will run two workshops for people interested in becoming Zumba instructors. It is the first time that the training has come to Hobart. In the past, people have had to travel to the mainland to become qualified.

Media opportunity this weekend:

What: Zumba Instructor Course (Saturday) and Zumbatomic (Zumba for kids) Course (Sunday) and interview opportunities with Maria Teresa Stone.

Who: University Gym, Hobart

When: Saturday 30 April and Sunday 1 May 8.30am – 6pm

Where: Hobart UTAS campus, Unigym, next to the sports oval.

Information Released by:

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