

Zumba in a nightclub: Q&A with Alix Pfrunder

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We talk to one of the first licensed Zumba gurus in France about her journey to becoming a licensed instructor and her upcoming masterclass in Singapore.



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Leave it to the French to do everything in style — even **burning calories**. While we kill the boring hour at the gym, they are sweating off more than we are by Zumba dancing... in a nightclub!

For those unfamiliar with the **workout dance**, here's a crash course: Zumba is an aerobic/ dance fitness program created by **Alberto "Beto" Perez** when he forgot his instructor mixtape and had to improvise for his class. It's perfect for those of you who fancy dancing and working out as Zumba is a blend of hip-hop, soca, samba, salsa, merengue, mambo and the paramount movements like **squats and lunges**.

If you haven't tried it already, wait for the upcoming **VIBE Beach and Music Festival on March 21**, where you can fun-ercise with celebrity Zumba guru **Alix Pfrunder**, a disciple of Beto himself. We spoke with Alix to find out all about Zumba and how she came to teach in nightclubs, just in time to fill you in before her visit to Singapore!

MFA: WHY DO YOU TEACH IN NIGHTCLUBS AND NOT REGULAR EXERCISE SPACES?

Alix: People go to nightclubs to have fun and party, and that's exactly what I want them to do while exercising, after a long working day! We take advantage of the nightclub setting to create a festive atmosphere: beautiful spaces with great lighting effects and a sound system. The instructor leads his class on stage, and students follow him, smile and sweat... I think it's the best way to lose calories!

MFA: WHAT'S SO SPECIAL ABOUT ZUMBA THAT SETS IT APART FROM OTHER DANCE-INSPIRED WORKOUTS?

Alix: Zumba is 'exercise in disguise': we make people dance, express themselves, and discover how great it feels to feel good in their body as they work out and are happy to do so. Piloxing is more of a fitness class to me, it is more intense and not as accessible to everybody. As for all the other fitness concepts that are similar to Zumba, such as Batuka, I feel they lack the essential and original magic of Zumba. Zumba has helped people turn their lives around through weight loss, **battling back from depression** and breaking out of emotional troubles. All of these things are examples of why Zumba is different from other dance routine workouts. As long as people love to dance, Zumba will be there to answer!

MFA: WHAT MAKES A GOOD ZUMBA DANCER?

Alix: To participate in a Zumba class, you don't have to be a good dancer or **be fit**. There is no pressure! You just have to let the music move you, follow the instructor and have fun. A good dancer is someone that allows the music to move him/her and have fun in class!

MFA: WHAT ARE SOME MISCONCEPTIONS ABOUT ZUMBA?

Many people think that because it's so fun, it's not a **real workout**; but the fact is you can burn up to 1,000 calories in one class depending on how hard you challenge yourself! People are also intimidated by anything that involves dancing, but once they join a class, they realize we design the choreography so that it's repetitive and broken down

simply. Once you do a few songs, it is easy to catch on to Zumba's easy-to-follow formula.

MFA: SOME OF YOUR YOUTUBE VIDEOS ARE QUITE FAST-PACED, WHAT IS YOUR ADVICE FOR FIRST TIMERS?

In class, the choreography is easy to follow as I will cue them more. Moreover, the steps repeats several times through the songs so the participants can get the moves easily. My advice for first-timers would be to have fun and keep moving. There are no 'wrong moves' in Zumba. Sometimes my students aren't able to do my moves, so they improvise new moves that I end up keeping in my choreography. I love to see the face of my students when this happens. Inspiration is everywhere!

Natasha Gan

For more information on the Vibe Beach Sports and Music Festival and Alix Pfrunder's masterclass in Singapore, please visit their [website](#).

WATCH THE VIDEO:

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Natasha **GAN**

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