



University of Nevada, Reno
Extension
College of Agriculture,
Biotechnology & Natural Resources

Groove and Glow

Materials Needed:

- **Aerobic dance instructor/Zumba™ instructor, DVD or streamed aerobic dance video**
- **Closed-toe shoes**



Instructions:

- Preview aerobic dance video to make sure the activity level is appropriate
- Follow along with instructor, DVD or video
- Provide alternative or low impact options to include all ability levels
- Be sure to take breaks to keep hydrated

Tips for acquiring materials:

- **Ask Around Internally:** Speak with facility staff or clients to identify if anyone is a certified or qualified instructor who could lead sessions
- **Engage Community Organizations:** Reach out to local nonprofits, clubs, or wellness groups that might volunteer instructors or trainers
- **Explore Thrift Stores:** Browse local thrift shops for secondhand DVDs related to aerobic dance or fitness instruction
- **Utilize Streaming Services:** Check popular subscription-based streaming platforms for available aerobic dance or Zumba™ classes

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