

Report on "Zumba Session" organized by Women Development Cell, MBIT

A fitness celebration of the fun quotient of Zumba and its fitness function, kicks off in the MBIT college on November 26, 2021 by SFWTheGYM.

Zumba session commenced with a Welcome Note by the anchor. The session was an hour and started at 9:00 A.m. She warmly welcomed all the faculties and participants on the session. She also warmly welcomed Dr. Hetal Chudasma head of the IT Department and asked her to enlighten the participants with her kind and powerful words

Physically all the six certified Zumba instructors in the city are getting together to host a 60-minute non-stop Zumba fitness artist class.

SFWTheGYM is the Gujarat's largest gym chain with 17 branches+2 upcoming. Main motto of this gym is " Fitness with fun, knowledge ".

They believe that "Jilo bachpan apna fir se... Jio bindass..." and onwards we are also believing that.

The dance routine will be led by a team of Zumba education specialists including Ajay Mahida, Dhrumil Zaveri, Sumit Saraswat, Jalpa Darji with honorable Zumba instructor Zeel Kotiya.

The Zumba session, a fitness event formulated to bring fitness enthusiasts together and to create a fun atmosphere while burning those calories, is scheduled to be held here at MBIT Garden. The event will highlight various fitness concepts and will be a platform to experience the various fitness formats available in the market, organizers said.

'You don't get any more energy or any more fulfillment than you get from just the kids' smile and their enjoyment,' one of the experts said.

The students did several unique styles of music during the fitness-inspired dance including meringue, hip-hop and batucada. Several students who attended the Zumba session said they liked it because everyone was having an enjoyable time and that it made exercise fun.

So, we did so much healthy fun with SFWTheGYM and we expect the next event also organize very soon.

SOME BITES OF TAHT DAY...

