



Zumba Master Class

Fitness Party with an upbeat tempo at the
FITNESS EXPO DUBAI

Maira Lorena

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1.5 hour Master
Class
Zumba Party
with Dubai's
best inspiring
instructors

ABOUT



My team and I have been challenging women in DUBAI since 2013 by conducting different Zumba® & Fitness classes, Zumba® Masterclasses and Zumba® Challenges. We launched “14 Day Zumba Challenge” in 2013 and successfully have been running these challenges annually. 14 Day Zumba Challenge is a continues (2 Hours) workout daily for 14 Days, combination of Zumba Fitness and toning. Joined by approximately 100 ladies of different nationalities. It promotes weight loss and muscle strength in a fun way. Getting fit and building a healthy lifestyle is the main goal, facilitated by the experienced, inspiring, professional trainers and licenced Zumba instructors.

MEET THE TEAM – MAIRA

The strong passion to Fitness and the art of Performance is Maira Lorena who is born in El Salvador (Central America) raised in Sydney Australia and now living in DUBAI. She is a strong believer in putting goals into actions. Maira has been challenging women in DUBAI since 2012 by conducting personal training sessions, involved in many different fitness events, Group Fitness classes, and Zumba® Challenges.

Licensed in Basic Zumba® 1 and 2, Zumbatomic, Konga Fitness and certified ISSA Personal Trainer opens her versatility and choreographies to be creative having a unique style. Maira has the ability to motivate and inspire new and advanced clients to simply let loose and enjoy life through movement.

One of Maira's biggest goals was to be a Fitness Competitor. In 2015 Maira competed in "INBA Middle East World Championships" held in Dubai, where she reached the level of fitness that she had never been before. Also she continued to challenge herself by competing at the Universal Muscle & Fitness Fashion where she placed 1st in Sport Model and 2nd in Open Bikini Class. In 2016 was her third competition in France – "Grand Prix Des Pyrenees" Where she challenged herself to a new division with her coach – "Couple Division" where they placed third.

Maira is here to motivate, inspire, and educate others about the benefits of making health a priority and living a balanced healthy lifestyle. With patience and persistence, anyone can achieve realistic goals, including high self-esteem, confidence, and the body you desire.

MONICA

Born in Colombia moved to Dubai in 2000. In 2010 she flew to Bangalore where she became a Zumba Instructor. On 2015 Beto Perez, the founder of Zumba invited her to be Part of the biggest Zumba concert in Europe (Lisbon Portugal) with 9 thousand attendees, so far the biggest concert Zumba fitness has had in Europe.

On August 2015 she did a Tour to one of the countries were Zumba has become a religion, Philippines, travelling to 5 different cities, filling up the halls with more than 200 participants.

Monica is everyday looking to learn more, to find other ways to help women who don't like gyms to be fit and active, she is also learning to find more natural ways to define the woman's body, as well as finding more natural products that won't harm our nutrition and will give us exactly what we need to be energetic, healthy and most important happy !



WHAT WE ARE LOOKING FOR

Our Team together with Fitness Expo Dubai to bring a fitness party with an upbeat tempo 1.5 Hour MasterClass Zumba Party with Dubai's Best Inspiring Instructors for 1 day at the 2016 Dubai Fitness Expo

We have our next 14 Day Zumba Challenge commencing on the 19th September where my team and I can commence promoting such event to our following of ladies.

It would be great if we could also provide a family pass to the winner of the 14 Day Zumba Challenge

Who are we Targeting:

A Wide range audience

Males

Females -10-50+

Families

Kids

A fun filled challenge for everybody

