

Where is it located?

It is off Evans to Locks Road, right near the railroad tracks: 525 Grand Slam Drive- at the bottom of the circle. Scroll to the bottom of this FAQ list for detailed directions.

What do I wear? Exercise clothes and athletic shoes (with some wear on the bottom for pivoting, ideally).

What do I bring? A water bottle and a small towel if desired, and the waiver from this website (or, you can sign one when you arrive).

What if I've never done Zumba before? Get ready for the time of your life! It takes most people a handful of classes to get comfortable with their bodies and hips doing Latin dance movements. It gets more fun after about 4 or 5 classes! By then the moves and songs are no longer foreign and it's more of a party than an exercise class. Don't give up before you've given it at least 5 classes - seriously! Ask others on Saturday and you'll see!

But I'm too self conscious... I was too - the first few times. I remember thinking - I would NEVER shake it like that in the front of a whole class of people...that goes out the window quickly if you let it, and you'll burn WAY more calories and have WAY more fun if you'll just chunk that notion in the first few seconds. Watch someone who is giving it their all and mimic their movements until they are your movements. No stressing is allowed in my classes! Most people who are too self conscious don't get a good workout...just throw the image of you looking silly out the window...this is a safe place to get your groove on! You are on your way to hotness! (Plus, no one is watching you! They're all paying attention to whether or not they've got the moves, not to yours! Trust me!)

Why would I come to this class if there are gyms that offer Zumba all week? Lots of reasons...this class is very motivating, easy to follow, high energy, great fellowship, not intimidating, the dance floor is huge, so you aren't crammed in and unable to see, you don't have to arrive way before class to be ensured a spot, lots of smiles and laughs, moves are always on the beat with clear cuing, variety of music including all Latin genres as well as current dance music that you'll recognize, more accountability because there is ongoing communication with the instructor, and regular celebrations and events to keep you motivated and enjoying it all. You'll know you are an important part of our Saturday crew. You'll feel it if you miss class...and you'll know I will notice if you are missing!

Can I find the instructor on Facebook?

Yes, please do! "Sohailla Digsby - Club Soho"



FAQ

What if I am not in shape? You can take it at your own pace. I give modifications for high intensity/impact movements. Everyone has to start somewhere. Allow yourself some breaks if you are just starting.

What if I'm in great shape and I think it's too easy? Then you might not be giving the movements all you've got (show me and I'll let you know :). There is usually a 2-4 second transition between each song - you can catch your breath and get water during that time, or do jumping jacks!

How much does it cost? There are 2 payment options. **Option 1:** You can register for the session, which is usually 10 weeks at \$50 (\$60 if you register late). If you start after the session has started, it's prorated down by \$5/weekend so you don't have to pay for the weekends at the start of the session that you didn't attend. **Option 2:** You can drop in for \$8 anytime if you know your Saturday schedule is irregular or if you want to just try it out. The \$3 off coupon can be taken off the \$8 and is for one-time use. Cash preferred, checks and credit cards accepted also.

What if I have a background in dance...isn't Zumba for people who can't really dance? You'd be missing out! I have a background in competitive dance and even some professional shows ...I'm over myself, though, and just ready to let loose and have fun with it! You? If you're not, then this is your chance to show off - let's see what you've got!

What is the instructor's background? I am Sohailla McKendry Digsby. I grew up here in Evans, graduated from UGA with a nutrition degree, lived and worked on the SC coast for 8 years, and then we moved back here to raise our 3 young children in Evans. I currently work part time as a Registered Dietitian and fitness instructor while home with little ones. I danced competitively starting very young, and in college started teaching aerobics as well. I've been teaching various cardio and strength formats for 17+ years, but really my love for fitness all started with dance, and has come full circle to what is certainly the most fun way to exercise: ZUMBA! I've been teaching this Zumba class on Saturday mornings for 7+ years now. Just wait - you'll be addicted like the rest of us...still showing up on Saturday mornings more fit than ever years from now! I look forward to my Saturday mornings every week - the group has great energy, lots of smiles, and is consistent in their attendance - they have come a long way. It's really like a family...tons of Saturday smiles. It's their rejuvenation hour and it's my JOY to be part of it...it's the most exhilarating hour of the week!

