

RECOMMENDED FOOTWEAR FOR ZUMBA

Sneakers should have less treading in the front so you can dance and perform lateral movements but they also should include shock absorption for the heels. Dance (Jazz) sneakers are one option, but there are a variety of brand name sneakers that can provide similar functionality along with more shock absorption.

BLOCH or CAPEZIO DANCE SNEAKERS

Note: Dance (Jazz) sneakers do run small. The Blochs run 1 size smaller and the Capezios run ½ size smaller. I certainly suggest you try them on for the best fit. Also since the dance sneakers have a split sole, you should try both on to see which feels more comfortable based on your arch.

However, very important: be sure to try the dance sneaker on in store and move around in them (do the Salsa! in the store) and be sure to inquire about the store's return/exchange policy (*just in case*).

And a final note: no running down the stairs with these sneaks...remember the SPLIT SOLE!

Found at the following local dance suppliers and others:

THE DANCER'S CLOSET (very good return policy)

687 River Road
New Milford, NJ 07646
201-986-0900

(do mention ZUMBA or Carve Your Body to receive 10% discount)

CENTER STAGE

525 Cedar Hill Avenue
Wyckoff, NJ 07481
201-670-1222

www.centerstagedancesupplies.com

BACKSTAGE BOUTIQUE, LLC

27 Rt. 303
Tappan, NY 10983
845-359-0106

BRAND NAME SNEAKERS (non-split sole):

• **NIKE:**

NIKE SHOX line. Look for non-marking sole and medial forefoot pivot-point (look for the dot underneath the sneaker). NIKE MUSIQUE IV, NIKE SHOX ELECTRO, NIKE SHOX CAMEO, NIKE SHOX BALLO. Some others enjoy NIKE AIRMAX +2010. All Nike dance sneakers are suitable for non-Zumba activities as well. Keep in mind, Nike runs narrow. If you need a wide sneaker, \$5 at the shoemaker will widen your Nikes.

• **RYKA:**

RYKA SYNC, RYKA STUDIO FLEX LOW, RYKA TRANSITION
All can be found at www.ryka.com (go to SHOP, STUDIO to view styles).

Versatile, lightweight sneakers providing high resiliency, great durability, breathability, heel cushioning, and forefoot pivot point. Very comfortable. All these Ryka's are suitable for non-Zumba activities as well.

Nike and some Ryka styles can be found at retail stores as well as various websites based on inventory:

LADY FOOT LOCKER (good return policy)

FOOT LOCKER (good return policy)
www.zappos.com (no shipping on returns)

www.eastbay.com

www.dickssportinggoods.com

www.champssports.com

Note: If you are experiencing foot pain and would like an easy way to determine if an orthotic is necessary without seeing a podiatrist, Lady Foot Locker offers a service called "Fit Print" which is a computerized foot scanning machine. "Fit Print" identifies the customer's exact foot measurement including width, length, and arch of the foot and pressure points in just seconds. The scan determines whether an orthotic is necessary. Lady Foot Locker offers a variety of custom orthotics to provide comfort and better performance.

And if you find any sneaker worth sharing... please advise... it's great to collaborate!

Bessie ☺