

GOLDSTER★

DANCE FITNESS:
CUMBIA





GET FIT THE FUN WAY

- 01 Cumbia rhythm
- 02 Our method
- 03 The course
- 04 Your journey
- 05 Your coach
- 06 Your notes

DANCE FITNESS: CUMBIA

Join one of the UK's leading dance fitness experts, Lina Telis as she brings the authenticity and tradition of Latin and World Dance alive, using core Latin moves and songs, with the motto "no judging, just loving!" Lina will take you on a journey around the world using the very best of high-energy Spanish, Latin and World music.



Over six-weeks, discover how exploring the joy of dance can provide a total body workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and leave you feeling energised and uplifted after just one class! These classes are extremely easy to follow and great fun for all levels.

"Nothing happens until something moves" -Einstein

OUR METHOD

WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

"The path is made by walking on it"

THE COURSE

This is a course where participants will get moving while having fun.

Together we will learn about the fundamentals of international rhythms, enjoy music of all decades and origins and dance to each one of them like no one is watching.

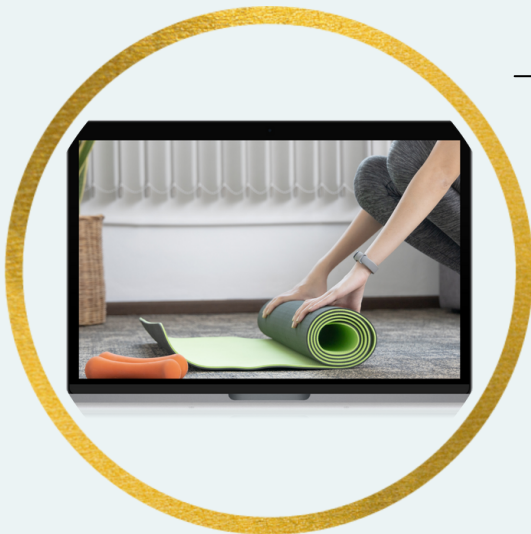
Every class will be a surprise! A little bit of history, lots of steps, flavours and variations that will help all participants connect with their bodies, improve their coordination, their balance and cardio ability.

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.

"When we do it together, we feel better together"

THE COURSE

GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the Goldster platform



- Engage and stimulate the physical, emotional and cognitive aspects of your health
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

"Learning is a journey of self discovery"

Week 1 - Rhythm Overview + Basic Steps - PART 1

Rhythm Overview: History & Origins - Warm Up - Learn Basic Steps Part 1 - Practice The Steps on music - Cooldown

Week 2 - Basic steps - PART 2

Warm Up - Learn Basic Steps Part 2 - Practice The Steps on music - Cooldown

Week 3 - Breakdown

Warm Up - Learn Basic Steps Part 3 - Practice The Steps on music - Cooldown

Week 4 - Layering

Warm Up - Review all steps - Add levels of progression + styling - Cooldown

Week 5 - Practice

Warm Up - Break down a routine - Learn all parts with levels of progression + styling - Cooldown

Week 6 - Review

Warm Up - Break down a second routine - Learn all parts with levels of progression + styling - Review the routine from week #5 - Practice the styling - Cooldown

YOUR JOURNEY

1

WEEKLY COURSE

FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

THE DAY OF THE CLASS

CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

WELCOME TO THE CLASS

GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

LOOK FORWARD TO YOUR NEXT CLASSES

TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

YOUR COACH



LinaTelis

Dance Fitness & Wellness Coach

Born and raised in Athens, Greece, Lina always had a dream to move to London to pursue her career and passion as a fitness professional; and so she did.

As well as being a graduate in Psychology, Lina also holds many certificates in fitness, nutrition and life coaching. She is also an international Zumba® presenter and Jammer, licensed in creating new choreographies for other Zumba® instructors around the world.

What she loves most about her job is working closely with her students to help them set achievable goals and incorporate fitness into their new way of life.

YOUR NOTES

WEEK 1

YOUR NOTES

WEEK 2

YOUR NOTES

WEEK 3

YOUR NOTES

WEEK 4

YOUR NOTES

WEEK 5

YOUR NOTES

WEEK 6

