



ZUMBAthon Charity Event -Local adoption agency Forever Families Through Adoption (FFTA) hosted their first ZUMBAthon fundraiser event at the Posillipo Centre in Rye Brook, NY on Thursday, August 7, 2014. The event drew a large crowd of more than 70 dancers and 10 ZINs and attendees traveled from up to an hour and half away to take part in the charity event. Volunteer instructors included several "ZINs" (Certified Zumba Instructors) from the Westchester County area. Adriana Zygmont, Judy Slominski, Jessica Frasca, Junixa Henry, Luz Angelica Mendez, Martha Oceguera, Lailina Nadell, Olga Osorio, Tracie Lopez, David Diaz, Toni-Michelle

Rubio and their loyal followers were all in attendance to help "Dance For the Children" and raise money for FFTA. DJ LuisDavid Oceguera was also in the building making sure the music stayed pumped up, and motivating the crowd!

Forever Families Through Adoption is a non-profit 501(c)3 adoption placement agency and resource center in Westchester County, NY which believes every child has the right to grow up in a loving, nurturing, secure, and forever home. FFTA works with families and pregnant women to ensure a smooth and successful adoption.

Throughout the night, each ZIN took turns leading a variety of fitness inspired dances performed to Latin themed music. The crowd showcased their positive energy and support of FFTA with some participants even dancing continuously for the full three hours! Refreshments were provided by Houlihan Lawrence (Rye, NY) and the stage by Coldwell Banker Previews (Harrison/Rye, NY). Personal Training Institute (PTI-Rye Brook, NY) and Equinox (Armonk, NY) hosted exhibit tables, offering free trial memberships and mini massages to all attendees. Raffle prizes were provided by Athleta, PTI, Equinox and The Goldsteins (FFTA's co-founders) with winners receiving a private Zumba and shopping event for up to 20 people, one month of nutrition and personal training, a fitness class for 20 people, and a one week stay in a vacation condo.



Zumba is a total body workout that combines all elements of fitness including cardio, muscle conditioning, balance and flexibility. Instructors mix low and high-intensity moves for an interval-style, high-energy dance party that everyone, regardless of fitness level, can enjoy. Worldwide, ZUMBAthons have helped raise over 5.2 million dollars for charities.

At the end of the night, the event proved extremely

successful—raising over \$1,300 for FFTA! The sense of community and positive energy in the room was remarkable, and everyone left feeling happy, accomplished and of course—tired!

For more information about FFTA please visit www.foreverfamiliesthroughadoption.org or call (914)939-1180. For more information about Zumba and where to find a class in your area, please visit www.zumba.com.

