

## 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 much more shock absorption.***

### BRAND NAME SNEAKERS

**(Non-split soles that provide more shock absorption for more intense Zumba classes):**

- **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 styles. 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

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.

- **ASICS:**

GEL-PLEXUS CROSS TRAINER, GEL-FRANTIC, AYAMI-INTENT, GEL-ENVIGOR TR  
Great shock absorption and suitable for both Zumba and non-Zumba activities.

Nike and some Ryka & Asics styles can be found at retail stores as well as various websites based on inventory. Run a GOOGLE search and you will be directed appropriately.

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## **BLOCH or CAPEZIO DANCE SNEAKERS (for basic Zumba classes-see above for more intense options)**

**Note:** Dance (Jazz) sneakers do run small. The Blochs run 1 size smaller and the Capezios run ½ size smaller. I 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*).  
**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)***

**BACKSTAGE BOUTIQUE, LLC**

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

**CENTER STAGE**

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

[www.centerstagedancesupplies.com](http://www.centerstagedancesupplies.com)

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### **GENERAL FEET HEALTH:**

*Your feet are the foundation to good health all the way up the body.* If your feet hurt, everything will hurt. It starts with proper footwear. It's so important to obtain sneakers appropriate for the exercise activity. To prevent a variety of foot ailments, choose sneakers that have ample room in the toe-box. Sneakers that are too tight and narrow at the toes will cause many problems later on such as neuromas, calluses or hammer toes. Wider is better; it's more natural as the way our toes are meant to spread out as when barefoot.

If there are congenital foot issues such as flat feet (fallen arches), over-pronation, over-supination, too high arches, most likely you will need custom orthotics to provide relief and comfort in all your activities. All foot ailments such as plantar fasciitis, heels spurs, achilles tendonitis and more can also be improved with adequate stretching. There truly is solution for your feet issues!

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For specific treatment of plantar fasciitis, please retrieve handout at studio reception area or pull down from our website on our [schedule page](#) under [Health File Library](#) on the right. If you need a good podiatrist, contact Dr. Daniel Margolin located at 550 Kinderkamack Road, Suite 202, Oradell, NJ 201-261-9445.

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

Bessie ☺