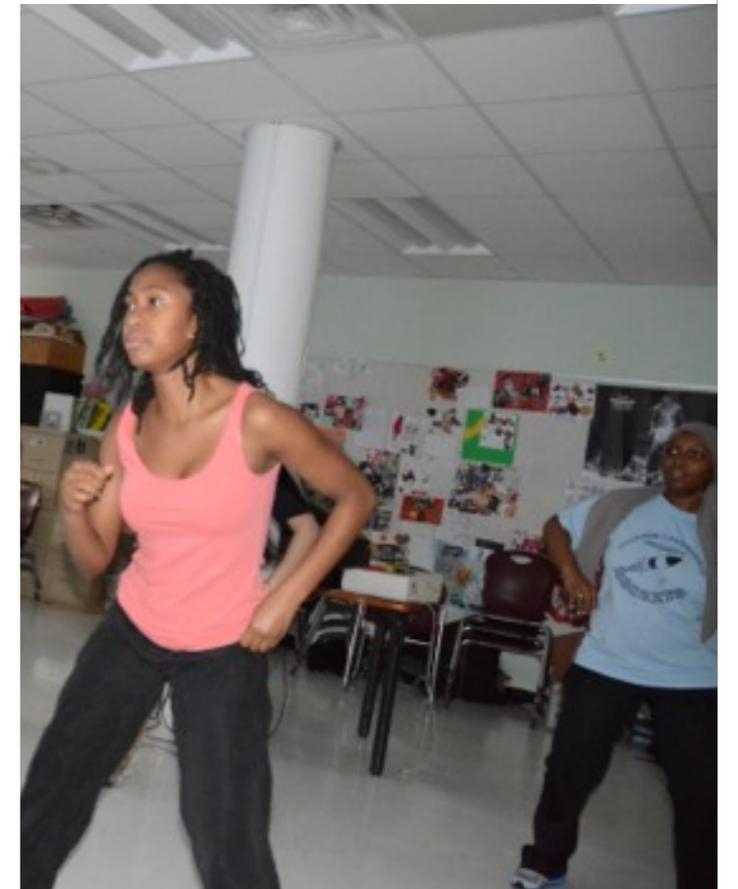




[msharrieffcapstone2013.weebly.com](http://msharrieffcapstone2013.weebly.com)

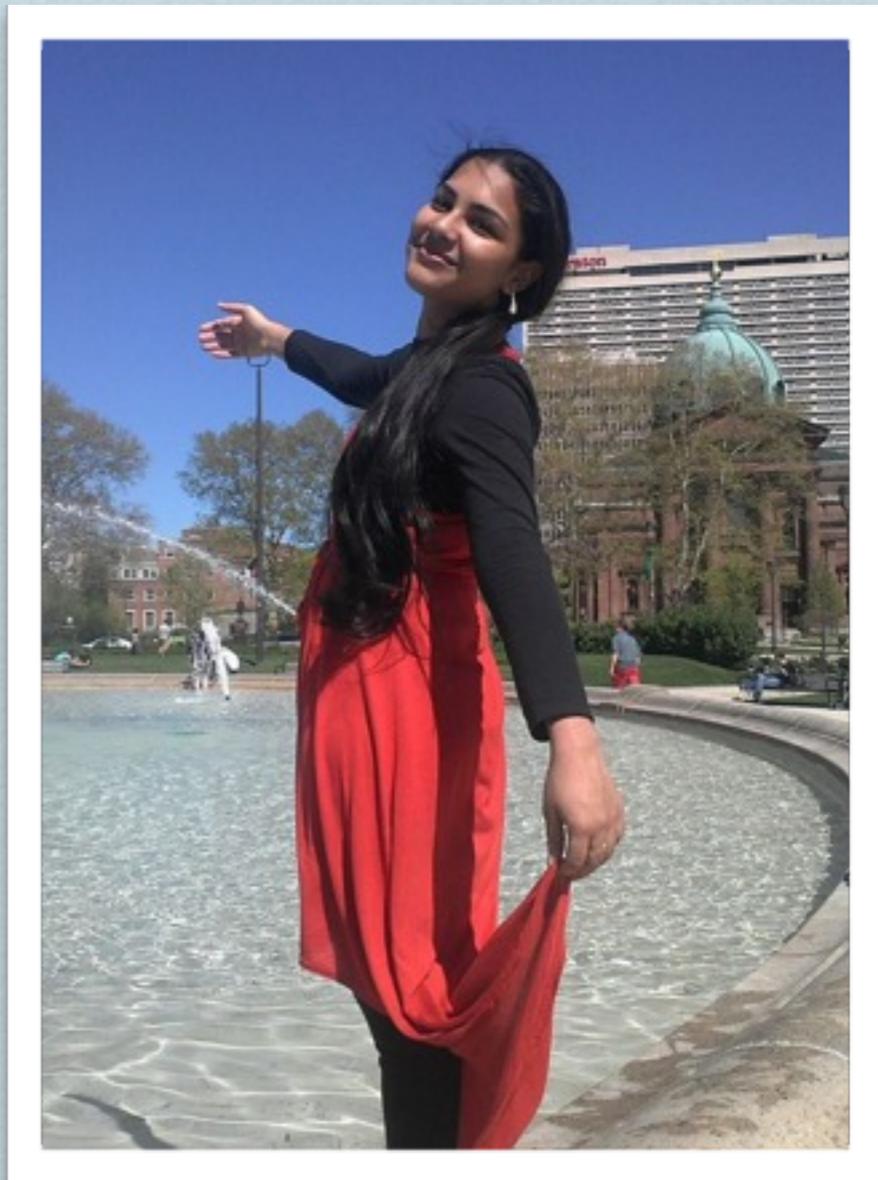
# Zumba's Marching Soles

Mecca Sharrieff 2013 Capstone



# Myrna

- ❖ *"By going to these sessions I am working on my health and taking whatever I learned from here and applied it on my own. It helped me discover a fun and new way to exercise."*



# Hikma

- ❖ *"The thing I looked forward to was being with Mecca. She was the best ZUMBA instructor. She helped me and gave good advice to everyone. She is a good friend to all of us and the ZUMBA experience..."*



# Callie

- ❖ *" I really liked the environment that was created. It was super chill and there was no pressure to perfect every move. It made the class much more enjoyable."*



# Two Capstones One Soul.

- ❖ What caused a change in your original capstone?
- ❖ How did you go about incorporating the Marching Soles shoe drive?







# Life Lessons Learned

Zumba's Marching Soles