

| 292 Things You'll Love! |

WESTCHESTER

best

of

westchester

2011

irish breakfast
cookies like mom makes
tapas
women's designer boutique
vintage apparel
men's casual apparel
butcher
wine bar alternative
sangria
pancakes
indie bookstore
tequila and margaritas
gelato
antique furnishings shop
high-end home boutique
massage, zumba, facials, toy store, candy buffets,

and more... (turn to page 55)

westchestermagazine.com

JULY 2011



\$4.99

Zumba

CHRISTINE GONZALEZ AT BELMARS FITNESS STUDIO

White Plains

(914) 426-0359

zumbacise.net

Getting in shape has never been this much fun. There are scores and scores of zumba instructors, so what makes Christine Gonzalez special? Ask her students. They fill up her classes week after week, shedding pound after pound—hardly a surprise when a typical session can burn up to 800 calories. Class always ends with a drill sergeant-style, eight-minute ab routine, and students can also enroll in a *Biggest Loser*-type program every three months, which includes weekly sessions, nutritional guidance, diet logs, and more.