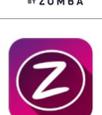


# In-Studio Classes

	<p><b>Zumba® Fitness</b></p> <p>Mixes low-intensity and high-intensity moves for a calorie-burning dance fitness party. <i>(For cardio, muscle conditioning, balance and flexibility)</i></p>
	<p><b>Zumba® 20/20/20</b></p> <p>20 minutes-Zumba® <b>Step</b> / 20 minutes-Zumba® <b>Toning</b> / 20 minutes-Zumba® fitness. <i>(For toning arms, core and lower body, increases cardio and burns calories.)</i></p>
	<p><b>Zumba® Gold</b></p> <p>Low-intensity Zumba® for beginners, older active adults, and populations needing modifications. <i>(Focuses on cardiovascular, muscular conditioning, flexibility, balance, range of motion and coordination)</i></p>
	<p><b>Zumba® Toning</b></p> <p>Uses Zumba® Toning Sticks (or light weights) enhancing your sense of rhythm and coordination. <i>(works specific muscle groups, including arms, core, and lower body)</i></p>
	<p><b>Zumba® Step</b></p> <p>Combines the strength and toning of step aerobics. <i>(increases cardio and calorie burning, while defining and sculpting your core and legs.)</i></p>
	<p><b>Zumba® Kids</b></p> <p>Kid-friendly Zumba® routines, with games, activities and cultural exploration elements. <i>(Develops a healthy lifestyle, leadership, respect, team work, confidence, self-esteem, memory, creativity, and coordination.)</i></p>
	<p><b>Strong by Zumba® &amp; Strong30</b></p> <p>Combines body weight, muscle conditioning, cardio and plyometric training synced to music. <i>(Burns calories while toning arms, legs, abs and glutes.)</i></p>
	<p><b>Zumbini®</b></p> <p>Happy hour for you and your baby, with singing, dancing and playing. 6-week sessions. <i>(Developed for caregivers and their child(ren), to learn, bond, and grow in an upbeat and happy, musical environment.)</i></p>
	<p><b>Full Body Workout</b></p> <p>A total toning workout with cardio, lower body, upper body and core exercises. <i>(Fat-burning, muscle-toning, cardio-building, high-energy workout good for heart, joints, strength, balance, and coordination.)</i></p>
	<p><b>MixedFit</b></p> <p>People-inspired fitness with explosive dance movements and bodyweight toning. <i>(Designed to tone, strengthen, and increase endurance.)</i></p>
	<p><b>twerkOUT workOUT</b></p> <p>Fun dance workout to sculpt, tone, and strengthen just about every part of your body. <i>(Increases hip flexibility, works the buttocks, thighs, calves and abs.)</i></p>
	<p><b>Yoga</b></p> <p>Dynamic sequence of poses and synchronizing the breath through a continuous flow. <i>(great cardio, improves strength, flexibility, and balance.)</i></p>