

In-Studio Class Descriptions

	<p>Zumba® Fitness 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>Zumba® 20/20/20 20 minutes-Zumba® Step / 20 minutes-Zumba® Toning / 20 minutes-Zumba® fitness. <i>(For toning arms, core and lower body, increases cardio and burns calories.)</i> <i>*Some classes are 45 minutes</i></p>
	<p>Zumba® Gold Low-intensity Zumba® for beginners, older active adults, and populations needing modifications.</p>
	<p>Zumba® Toning Uses Zumba® Toning Sticks (or light weights) enhancing your sense of rhythm and coordination.</p>
	<p>Zumba® Step 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>Zumba® Kids 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>STRONG by Zumba® & STRONG30™ 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>Zumbini® 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>MixedFit® People-inspired fitness with explosive dance movements and bodyweight toning. <i>(Designed to tone, strengthen, and increase endurance.)</i></p>
	<p>Bootcamp Group physical training, designed to build strength & fitness through a variety of types of exercise</p>
	<p>Yoga - Beginners, Vinyasa Flow, Restorative Dynamic sequence of poses and synchronizing the breath through a continuous flow. <i>(great cardio, improves strength, flexibility, and balance.)</i></p>
	<p>Pound® - Rockout. Workout. An exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.</p>

Additional Events/Specials we offer

~~~~~ additional events we offer ~~~~~	
	<p><b>Aqua Zumba®</b> Low-impact, high-energy aquatic exercise with less impact on joints and helps to</p>
	<p><b>Private Parties</b> Looking for something fun, exciting and different? Try a private Zumba®-themed party! Need a space to host a party or training session? We have available space to rent! <i>(Perfect for birthday, bachelorette parties, training sessions for employees or vendor home parties.)</i></p>
	<p><b>Fundraisers</b> Are you a non-profit organization and looking for a fresh new way to raise funds? <i>(Throw a Zumba® party that will be fun and different from anything you have done before.)</i></p>
	<p><b>Personal Training</b> Need that push to get in shape? Ask us about our personal training specials and schedules!</p>
	<p><b>twerkOUT workOUT</b> 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>

**Motivation Fitness**  
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