



Studio Z

FITNESS EST. 2011

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30AM ZUMBA® 6PM ZUMBA® 7PM ZUMBA® GOLD 8PM ZUMBA®W/LIGHTS!	3 9:30AM TURN UP™/TONE UP 6PM HIIT STEP 7PM ZUMBA® 8PM MIXXEDFIT®/TURN UP™	4 6PM ZUMBA® TONING 7PM MIXXEDFIT®/TURN UP™	5 9:30AM TOT. BODY BANDS 6PM POUND® 6PM ARMS & ABS 7PM ZUMBA®/TURN UP™ MIXXEDFIT®/ W/LIGHTS!	6 9:30AM ZUMBA® 6PM TAP FOR ADULTS 7PM MIXXEDFIT®	7 9:30AM ZUMBA® 10:30AM TOTAL BODY TONE UP
8	9 9:30AM ZUMBA® 6PM ZUMBA® 7PM ZUMBA® GOLD 8PM ZUMBA®W/LIGHTS!	10 9:30AM TURN UP™/TONE UP 6PM HIIT STEP 7PM ZUMBA® 8PM MIXXEDFIT®/TURN UP™	11 6PM ZUMBA® TONING 7PM MIXXEDFIT®/TURN UP™	12 9:30AM TOT. BODY BANDS 6PM POUND® 6PM BUTTS & GUTS 7PM ZUMBA®/TURN UP™ MIXXEDFIT®/ W/LIGHTS!	13 9:30AM ZUMBA® 6PM ZUMBA® KIDS 6PM TAP FOR ADULTS 7PM MIXXEDFIT®	14 9:30AM ZUMBA® 10:30AM TOTAL BODY TONE UP
15  SZF Dance Showcase + 11 Year Anniversary Dance Fitness Party + SALE! 2-5pm @ Freedom Hill! \$10 Advance/\$15 Door	16 9:30AM ZUMBA® 6PM ZUMBA® 7PM ZUMBA® GOLD 8PM ZUMBA®W/LIGHTS!	17 9:30AM TURN UP™/TONE UP 6PM HIIT STEP 7PM ZUMBA® 8PM MIXXEDFIT®/TURN UP™	18 6PM ZUMBA® TONING 7PM MIXXEDFIT®/TURN UP™ 8PM HUSTLE WORKSHOP	19 9:30AM TOT. BODY BANDS 6PM POUND® 6PM ARMS & ABS 7PM ZUMBA®/TURN UP™ MIXXEDFIT®/ W/LIGHTS!	20 9:30AM ZUMBA® 6PM TAP FOR ADULTS 7PM MIXXEDFIT®	21 9:30AM ZUMBA® 10:30AM TOTAL BODY TONE UP
22 	23 9:30AM ZUMBA® 6PM ZUMBA® 7PM ZUMBA® GOLD 8PM ZUMBA®W/LIGHTS!	24 9:30AM TURN UP™/TONE UP 6PM HIIT STEP 7PM ZUMBA® 8PM MIXXEDFIT®/TURN UP™	25 6PM ZUMBA® TONING 7PM MIXXEDFIT®/TURN UP™	26 9:30AM TOT. BODY BANDS 6PM POUND® 6PM BUTTS & GUTS 7PM ZUMBA®/TURN UP™ MIXXEDFIT®/ W/LIGHTS!	27 9:30AM ZUMBA® 6PM TAP FOR ADULTS 7PM MIXXEDFIT®	28 9:30AM ZUMBA® 10:30AM TOTAL BODY TONE UP
29	30  90 MINUTE MEMORIAL DAY CLASS @ 9:30AM \$5 DROP-IN OR USE A PASS (NO EVENING CLASSES)	31 9:30AM TURN UP™/TONE UP 6PM HIIT STEP 7PM ZUMBA® 8PM MIXXEDFIT®/TURN UP™	Studio Z Dance Showcase + 90 Minute 11-Year Anniversary Party + SALE! (Sunday May 15 th @ Freedom Hill 2-5pm \$10 advance/\$15@door) ZUMBA KIDS GLOW PARTY 5/13 @ 6PM! \$5 Drop-in! Great for ages 4-12 years! Hustle Workshop Wednesday 5/18 @ 8pm! \$10 drop-in or use a pass! MEMORIAL DAY – 90 Minute Dance Fitness Class @ 9:30am \$5 Drop-in or use a pass! Butts & Guts / Arms & Abs will alternate Thursdays! YOGA will return soon! Stay posted!			

DROP-INS ALWAYS WELCOME FOR \$10 CLASS PASS PACKAGES: 10 PASSES FOR \$75, 20 - \$140 (PLEASE NOTE ALL PASSES EXPIRE 6 MONTHS AFTER DATE OF PURCHASE).
 MONTH TO MONTH MEMBERSHIPS NOW AVAILABLE: 8 PASSES/MONTH \$50, 15/MONTH \$85, UNLIMITED/MONTH \$120. SIGN UP IN STUDIO.

CLASS DESCRIPTIONS:



ZUMBA® CLASSES - Feature exotic rhythms set to high-energy Latin and international beats. Incorporate dance and fitness moves to create a total body workout!



ZUMBA® GOLD CLASSES - Take the Zumba® formula and modify the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Great workout!



ZUMBA® TONING CLASSES - Combine targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs.



YOGA - Our slow flow Yoga class will build your stamina and strength while focusing on slow steady breathing and postural alignment. Learn to honor your individual abilities and limits, go to your edge and find that sweet spot that is most beneficial and effective for you! In our *Yin Yoga* class you will receive all the benefits of yoga but will go at a slower pace, holding poses longer and focusing on opening up the hip area.



BARRE ABOVE™/BARRE TABATA - This is a totally unique approach to barre workouts as you've seen them. Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do. Barre Above™ delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape. Barre Tabata is a series of timed barre exercises designed to give you a great workout!



TOTAL BODY TONE UP - Approximately 1 hour - A high intensity interval training class using, weights, circuits and more! There will be something different to challenge your body each week! Modifications will be offered for any exercises to include participants of all fitness levels.

MIXXEDFIT - A people inspired dance fitness program that is a perfect blend of explosive dancing & boot camp inspired toning.



POUND - Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums! Class is just under an hour and you'll be provided with a mat & Ripstix.® It's a super fun & different type of workout!



Turn Up - Turn Up workouts are intense, fun, and life-changing, incorporating HIIT (high intensity interval training), strength training, and dance! You will be challenged, but you will embrace it, and as you step outside of your comfort zone with the turn up squad



HITSTEP - HIITSTEP is 30-minutes of high-intensity interval training (HIIT) workout that uses a step and dynamic bodyweight exercises. It has been designed to improve power, increase strength and burn hundreds of calories. The HIITSTEP workout contains voice over music tracks and pre-designed training sessions allowing instructors to deliver inspirational and motivational workouts. We also include a 30 minute traditional step portion to make the class about an hour long.

DROP-INS ALWAYS WELCOME FOR \$8 CLASS PASS PACKAGES: 4 PASSES FOR \$30, 8 - \$56, 11 - \$70

*PLEASE NOTE ALL PASSES EXPIRE 6 MONTHS AFTER DATE OF PURCHASE