



JULY



Alisa (586)524-8056
 Jim (586)524-8055
 13367 15 Mile Road, Sterling Heights, MI
 EMAIL: studiozllc@gmail.com
 WEBSITE: www.studiozfitnessmi.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CHRISTMAS IN JULY SALE!!! 10 PASSES \$65 & UNLIMITED MEMBERSHIP \$99 <i>(SEE STUDIO FOR DETAILS)</i> *90 MINUTE JULY 4TH DANCE FITNESS PARTY! \$5 DROP-IN OR USE A PASS! <i>(NO EVENING CLASSES THAT DAY)</i> *BARRE CLASS THURSDAYS AT 7PM WITH PATRICE!		1 9:30AM TOTAL BODY CIRCUIT 6PM HIITSTEP 6PM BEGINNER BOOTCAMP 7PM ZUMBA® 8PM MIXXEDFIT®/TURN UP™	2 5:30AM TOTAL BODY 5PM HIITSTEP/ TURN UP™ 6PM ZUMBA® TONING 7PM MIXXEDFIT®/TURN UP™	3 9:30AM BANDS & BARRE 6PM THE BOOM (DRUMMING) + BOOTCAMP COMBO 7PM BARRE 7PM ZUMBA®/TURN UP™ MIXXEDFIT®/ W/LIGHTS!	 9:30-11AM 90 MINUTE ZUMBA® + DANCE FITNESS 4TH OF JULY PARTY! <i>*NO EVENING CLASSES</i>	5 9:30AM ZUMBA® 10:30AM TOTAL BODY 11:30AM SUPER STRETCH 4PM HUSTLE
6 12PM ZUMBA® GOLD/TONING 1PM SOULFUL SUNDAYS <i>(TOTAL BODY WORKOUT)</i>	7 9:30AM ZUMBA®/TURN UP™ MIXXEDFIT®/ 6PM ZUMBA® 7PM ZUMBA® STEP/TONING 7PM TOTAL BODY TONE UP 8PM ZUMBA®W/LIGHTS!	8 9:30AM TOTAL BODY CIRCUIT 6PM HIITSTEP 6PM BEGINNER BOOTCAMP 7PM ZUMBA® 8PM MIXXEDFIT®/TURN UP™	9 5:30AM TOTAL BODY 5PM HIITSTEP/ TURN UP™ 6PM ZUMBA® TONING 7PM MIXXEDFIT®/TURN UP™	10 9:30AM BANDS & BARRE 6PM THE BOOM (DRUMMING) + BOOTCAMP COMBO 7PM BARRE 7PM ZUMBA®/TURN UP™ MIXXEDFIT®/ W/LIGHTS!	11 9:30AM ZUMBA® 5:30PM HUSTLE CLASS 7PM DANCE FITNESS	12 9:30AM ZUMBA® 10:30AM TOTAL BODY 11:30AM SUPER STRETCH 4PM HUSTLE
13 11AM ADULT TAP 12PM ZUMBA® GOLD/TONING 1PM SOULFUL SUNDAYS <i>(TOTAL BODY WORKOUT)</i>	14 9:30AM ZUMBA®/TURN UP™ MIXXEDFIT®/ 6PM ZUMBA® 7PM ZUMBA® STEP/TONING 7PM TOTAL BODY TONE UP 8PM ZUMBA®W/LIGHTS!	15 9:30AM TOTAL BODY CIRCUIT 10:30-12:KIDS CAMP+CRAFT 6PM HIITSTEP 6PM BEGINNER BOOTCAMP 7PM ZUMBA® 8PM MIXXEDFIT®/TURN UP™	16 5:30AM TOTAL BODY 10:30-12:KIDS CAMP+CRAFT 5PM HIITSTEP/ TURN UP™ 6PM ZUMBA® TONING 6PM CARDIO KICKBOXING 7PM MIXXEDFIT®/TURN UP™	17 9:30AM BANDS & BARRE 10:30-12:KIDS CAMP+CRAFT 6PM THE BOOM (DRUMMING) + BOOTCAMP COMBO 7PM BARRE 7PM ZUMBA®/TURN UP™ MIXXEDFIT®/ W/LIGHTS!	18 9:30AM ZUMBA® 5:30PM HUSTLE CLASS 6PM ZUMBA® KIDS 7PM DANCE FITNESS 	19 9:30AM ZUMBA® 10:30AM TOTAL BODY 11:30AM SUPER STRETCH 4PM HUSTLE
20 12PM ZUMBA® GOLD/TONING 1PM SOULFUL SUNDAYS <i>(TOTAL BODY WORKOUT)</i> 4PM HUSTLE	21 9:30AM ZUMBA®/TURN UP™ MIXXEDFIT®/ 6PM ZUMBA® 7PM ZUMBA® STEP/TONING 7PM TOTAL BODY TONE UP 8PM ZUMBA®W/LIGHTS!	22 9:30AM TOTAL BODY CIRCUIT 6PM HIITSTEP 6PM BEGINNER BOOTCAMP 7PM ZUMBA® 8PM MIXXEDFIT®/TURN UP™	23 5:30AM TOTAL BODY 5PM HIITSTEP/ TURN UP™ 6PM ZUMBA® TONING 7PM MIXXEDFIT®/TURN UP™	24 9:30AM BANDS & BARRE 10:30AM STROLLER FITNESS 6PM THE BOOM (DRUMMING) + BOOTCAMP COMBO 7PM BARRE 7PM ZUMBA®/TURN UP™ MIXXEDFIT®/ W/LIGHTS!	25 9:30AM ZUMBA® 5:30PM HUSTLE CLASS 7PM DANCE FITNESS	26 9:30AM ZUMBA® 10:30AM TOTAL BODY 11:30AM SUPER STRETCH 4PM HUSTLE
27 11AM ADULT TAP 12PM ZUMBA® GOLD/TONING 1PM SOULFUL SUNDAYS <i>(TOTAL BODY WORKOUT)</i>	28 9:30AM ZUMBA®/TURN UP™ MIXXEDFIT®/ 6PM ZUMBA® 7PM ZUMBA® STEP/TONING 7PM TOTAL BODY TONE UP 8PM ZUMBA®W/LIGHTS!	29 9:30AM TOTAL BODY CIRCUIT 6PM HIITSTEP 6PM BEGINNER BOOTCAMP 7PM ZUMBA® 8PM MIXXEDFIT®/TURN UP™	30 5:30AM TOTAL BODY 5PM HIITSTEP/ TURN UP™ 6PM HIIT CARDIO POP UP 6PM ZUMBA® TONING 7PM MIXXEDFIT®/TURN UP™	31 9:30AM BANDS & BARRE 6PM THE BOOM (DRUMMING) + BOOTCAMP COMBO 7PM BARRE 7PM ZUMBA®/TURN UP™ MIXXEDFIT®/ W/LIGHTS!	*POP UP CARDIOKICKBOXING 7/16! *POP UP HIIT CARDIO 7/30! *ADULT TAP POP UPS 7/13 & 7/27! ZUMBA KIDS CAMP + CRAFT 7/15 – 7/17 10:30-12P \$10/DAY OR \$25 FOR ALL 3. PRE-REGISTER NOW TO ENSURE ENOUGH SUPPLIES! ZUMBA® KIDS GLOW PARTY FRIDAY 7/18!	

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).
 MONTHLY 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.



CIRCL MOBILITY® CLASSES – Based on the science of functional movement, **CIRCL Mobility™** focuses on flexibility, breathwork, and mobility exercises.



THE BOOM – Approximately 45 minutes long – Cardio drumming boom show at its finest! Plan on hitting an exercise ball/bucket to the beat! We'll alternate between high and low intensity interval training songs choreographed to the beat! This class is great for ALL FITNESS LEVELS! Have trouble standing for an hour, grab a chair! This class is as intense as you make it and always a ton of fun!



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 45 minutes to an 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.



- 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



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