

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>5:45 am</b> Sunrise Energize / Zumba® (Upper Body) w/Joan		<b>5:45 am</b> Sunrise Energize / Zumba® (Lower Body) w/Stephanie		<b>8:00 am</b> “Pump You Up” w/Doug—Kris (alternating)  Yoga/Pilates Fusion w/Velvet	
<b>9:00 am</b> Zumba® / Strength in 45 w/Elizabeth  <b>9:10 am</b> Beginner / Zumba® in 45 w/Gina	<b>9:00 am</b> ZUMBA w/Doug	<b>9:00 am</b> 30 ZT / 30 PYU w/Doug	<b>9:00 am</b> Zumba® / Express in 45 w/Joan	<b>9:00 am</b> 30 ZT / 30 PYU w/Doug  <b>9:10 am</b> Beginner / Zumba® in 45 w/Gina	<b>9:00 am</b> Zumba® w/Doug & Joan  Medio / Zumba® w/Marianne	
<b>10:00 am</b> Yoga/Pilates Fusion w/Velvet		<b>10:00 am</b> Yoga/Pilates Fusion w/Velvet			<b>10:00 am</b> Zumba® w/ Lynn B—Robert (alternating)  Fresh Start Beginner Toning in 45 w/Connie—Kris  <b>Zumba® w/Heather (Always Ballroom)</b>	
					<b>11:00 am</b> Kickboxing w/Julie	<b>1:00 pm</b> Zumba® w/Stephanie
						<b>2:00 pm</b> 30 ZT / 30 Butts & Guts w/Lynn B
	<b>4:30 pm</b> Circuit / Zumba® w/Joan		<b>4:30 pm</b> Circuit / Zumba® w/Kris			<b>4:00 pm</b> Masala Bhangra Workout® w/Alison
<b>5:30 pm</b> Zumba® w/Lynn B  “Pump You Up” w/Kris	<b>5:30 pm</b> Zumba® / Abs w/Stephanie  Medio / Zumba® w/Jennifer	<b>5:30 pm</b> Zumba® w/Elizabeth  Beginner / Zumba® in 45 w/Marianne	<b>5:30 pm</b> Zumba® w/Stephanie  Medio / Zumba® w/Jennifer	<b>5:30 pm</b> Zumba® / Express in 45 w/Lynne W		<b>5:00 pm</b> Zumba® w/Marianne & Geon
<b>6:30 pm</b> Zumba® w/Doug & Joan  Fresh Start Beginner Toning in 45 w/Elizabeth—Lynn B	<b>6:30 pm</b> 30 Zumba®/30 ZT w/Doug  Zumba® w/Lynne W	<b>6:30 pm</b> Zumba® w/Connie  “Pump You Up” w/Doug	<b>6:30 pm</b> Zumba® w/Doug & Joan  Yoga/Pilates Fusion w/Velvet			
<b>7:30 pm</b> Zumba® in 45 w/Heather	Zumba® / Strength in 45 w/Marianne	<b>7:30 pm</b> Zumba® in 45 w/Angela	<b>7:30 pm</b> Pump You Up in 45 w/Doug	<b>8—10 pm</b> Open Ballroom Dance (3rd Friday each month)		

**Always** sign in on the "Sign-In" sheet to ensure correct pay for instructor. All participants must sign a liability waiver before first class.

Note: Class times and instructor are subject to change without notice.

The STUDIO Zumba® Fitness punch card, \$60 for 10 classes, can be used for any instructor's class at Studio ZUMBA.

Massage w/Chad or Chris: Call to schedule an appointment - 1/2 hr massage \$40; 1 hr massage \$60

Drop-in charge is \$10.00 per class.

Please refrain from wearing perfume during classes - folks with allergies may have scent intolerance.

**Zumba®** – Zumba® combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries & 500-700 calories. It is based on the principle that a workout should be "FUN AND EASY TO DO" in order for Zumba® participants to stick to the Zumba® fitness program to achieve long-term health benefits. Zumba® is not only great for the body, but is also great for the mind. It is a "feel-happy" workout. . . be prepared to sweat!

**Intro / Zumba®** – Intro Zumba® is the class for anyone and everyone! Learn the basic steps to Zumba® at a slower, more modified pace. This class is perfect for anyone of any age... those with special needs, medical restrictions, or those who just want the absolute basics. The class instructor may include breaks in the class between routines to explain steps or proper form. Those wishing to stay at this level to enjoy a low-impact slower workout will love this class

**Beginner / Zumba®** – Zumba® Beginner (Gold) is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms created in the original Zumba® and bring them to the active older adult, the beginner participant, and the other special populations that may need modifications for success.

**Medio / Zumba®** – Medio Zumba® is a specialized Zumba® class for those seeking a low-impact, high energy, fun workout! You will sweat off the pounds to the fun Latin beat while dancing and moving in a lower impact Zumba® style! This class is perfect for anyone who has learned the basics and wishes to get a bit more "oomph!" out of their workout while keeping it at a lower pace than a standard Zumba® class. Those wishing to stay at this level can enjoy a higher level calorie burn than Intro Zumba® or gradually transition to a basic Zumba® class. Bring your smiles and be prepared to have fun during this class!

**Circuit / Zumba®** – Circuit Zumba® = 50% Zumba® (cardio), 50% Body Sculpting (weights). Alternating cardio & strength training throughout the hour.

**Kid / ZUMBA® (& Me)** – Same great fun and energy as an adult Zumba® class, but songs and movements are geared for kids. One (1) parent may attend class with their child for FREE, additional parent would be at the regular price. This is a 45 minute class. Suitable for ages 5 – 12.

### **Flexibility, Strengthening & Toning**

**Zumba® Toning** - ZUMBA® TONING takes the original Zumba® dance-fitness class to the next level utilizing an innovative muscle training protocol and the addition of light weight toning sticks.

**"Pump You Up!"** – Let Doug & Angie PUMP YOU UP to a full hour of weight training from Bach to Rock and beyond. This class is geared towards any fitness level.

**30 ZT / 30 PYU (Zumba® Toning & Pump You Up Combo)** – Jumpstart your workout with 30 minutes of Zumba® Toning to get your muscles pumping and increase your endurance. Zumba® Toning combines cardio and dynamic resistive exercises is an effective use of progressive light weight training to improve overall performance. Followed by 30 minutes of Pump You Up to strengthen & sculpt.

**Zumba® / Strength** – A jam-packed 45-minute class combining intense cardio and weight training with ZUMBA. A challenging and fun workout for all fitness levels.

**Express Classes** Want a fast, intense cardio or strength session? Didn't make it to one of our other classes? Don't worry! We have Zumba Fitness express classes, where you can get your workout in before the end of the day! The Surgeon General's Report on Physical Activity recommends that everyone accumulates 30 minutes or more of physical activity on most or all days of the week to maintain your health and reduce the risk of chronic disease. Don't let your day pass by without a workout! Join us for Zumba Fitness express classes for a 45 minute Zumba, Zumba and Strength, or Pump You Up workout Mondays through Thursdays at 7:30pm!

**Yoga/Pilates Fusion** - The best of both worlds in ONE class. This challenging blend of yoga and pilates will strengthen, stretch and tone the entire body.

**Fresh Start Beginner Toning in 45** - a resistance training that has been created for every"body." This is not a class for the hard core body builder. "Fresh Start" was created to assist all of our students in achieving higher fitness goals. There is NO FLOOR OR MAT WORK! Moves are basic, and warm up and cool down stretch are also added elements. Anyone can start this class at anytime, it is not progressive.

### **Additional Classes/Sessions**

**Latin Dance Lessons** – Beginner & Intermediate classes - if you are interested in private dance lessons or have a group of 10 or more, please contact STUDIO Zumba® Fitness!

**Pole Fit (5 week sessions)** - Curious about the pole? You have heard all about it, but have yet to try it? This class is for YOU! Learn simple transitions, slides, and spins in this moderate intensity class as you build upper body, leg, and core strength. It can relieve stress and help you feel confident. . . all at the same time.