

# DECEMBER 2010

Changes in class time, format or instructor are reflected in **RED**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>5:45 am</b> Sunrise Energize Zumba® / Butts & Guts w/Julie		<b>5:45 am</b> Sunrise Energize / Zumba® / Butts & Guts w/Julie	<b>8:00 am</b> PUMP! w/Doug—Kris	
<b>9:00 am</b> Zumba® + Strength w/Alison	<b>9:00 am</b> Zumba® w/Doug	<b>9:00 am</b> PUMP! Fit Fusion w/Julie	<b>9:00 am</b> Zumba® + <b>Strength</b> w/Joan	<b>9:00 am</b> The Ultimate Workout Zumba+Zumba Toning+PUMP w/Doug	<b>9:00 am</b> Zumba® w/Doug & Joan  Zumba® for Medium Level w/Marianne—Connie	
					<b>10:00 am</b> Zumba® w/Lynn B—Jennifer  ZumbAtomic® w/Connie	
	<b>4:30 pm</b> Zumba® + Strength w/Connie		<b>4:30 pm</b> <b>Zumba® + Strength</b> w/Joan		<b>11:00 am</b> Zumba® w/Jorge	<b>1:00 pm</b> Zumba® w/Stephanie
<b>5:30 pm</b> Zumba® w/Lynn B  PUMP! w/Kris—Doug	<b>5:30 pm</b> Zumba® / Abs w/Stephanie  Zumba® for Medium Level (w/10 minutes strength) w/Jennifer	<b>5:30 pm</b> Zumba®, Masala Bhangra Workout® + Strength/Toning Fusion w/Alison  Zumba® for Beginner Level in 45 w/Marianne	<b>5:30 pm</b> Zumba® w/Stephanie  Zumba® for Medium Level w/Jennifer	<b>5:30 pm</b> Zumba® / <b>Express in 45</b> (+optional 15 min strength) w/Lynne W  Zumba® for Beginner Level w/Marianne		<b>5:00 pm</b> Zumba® w/Marianne & Geon
<b>6:30 pm</b> Zumba® w/Doug & Joan  Zumba® for Beginner Level / Fresh Start Beginner Toning in 45 w/Lynn B—Marianne	<b>6:30 pm</b> Zumba® w/Doug & Joan  Zumba® + Strength w/Lynne W	<b>6:30 pm</b> PUMP! w/Doug	<b>6:30 pm</b> Zumba® w/Doug & Joan			
<b>7:30 pm</b> Zumba® / Hip Hop Strength Fusion w/Julie	<b>7:30 pm</b> The Ultimate Workout Zumba+Zumba Toning+PUMP w/Marianne	<b>7:30 pm</b> Zumba® w/Erica	<b>7:30 pm</b> The Ultimate Workout Zumba+Zumba Toning+PUMP w/Marianne—Kris			

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!

Zumba® for Beginner Level – 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.

Zumba® for Medium Level – 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!

Zumba® + Strength – 50% Zumba® (cardio), 50% Body Sculpting (weights). Alternating cardio & strength training throughout the hour.

ZumbaAtomic – Same great fun and energy as an adult Zumba® class, but songs and movements are geared for kids. 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!" – Let Doug & Kris PUMP you up to a full hour of weight training from Bach to Rock and beyond. This class is geared towards any fitness level.

Masala Bhangra Workout® - The Masala Bhangra Workout® is an Indian-dance based fitness program, designed for people of all ages and fitness levels who love to stay physically active through dance and want to learn about Indian culture. The Masala Bhangra Workout is certified by American Fitness Boards, including the Aerobics and Fitness Association of America (AFAA). Specifically, it introduces high energy Bhangra and Bollywood dance movements in an easy-to-follow fitness format, and is a mechanism by which thousands of people have lost weight and become physically active.

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.

The Ultimate Workout (Zumba® + Zumba Toning® + PUMP!) - Are you ready for the Total Package? The Ultimate Workout will rev your fat-burning metabolism and boost your muscle building all in one great class! Zumba® gives you cardio, Zumba Toning® adds more cardio and endurance training through the use of light-weights as a muscle stimulus for heavier lifting, and finally PUMP! helps to increase muscular strength while it sculpts and tones the body.

PUMP! Fit Fusion – Interval training consisting of alternating cardio (kick boxing, hip hop, or Zumba styles) and strength exercises (weights/resistance). You choose the level of intensity with modifications given by instructor

### **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 Strength – is a strength training class like no other. Get a full body workout using the pole for resistance. This is especially good for upper body and your core, which is important to strengthen for anything else you do! We will also learn fun spins, climbs and holds on the pole. It's a killer workout, and the best part it's so much fun, you will become addicted!

Pole/Chair Fit Fusion Sessions – This new class is for anyone wanting to tone and sculpt your body in the most unique ways, leaving you wanting more! This class will work as a progression in five weeks and by the end you will learn a fun, flirty routine that will leave you feeling strong and confident. It combines a "fusion" of styles of dance and fitness incorporating the pole and chair as resistance.

Hip Hop Cardio – If you love Zumba and you love to dance, this class is perfect for you! The structure of this class will be slightly different than Zumba, because we will learn the moves first and then put them into combinations for a great cardio workout! No experience is necessary. The breakdown of the moves will help with coordination and flexibility. The combination's will help work your brain and also work your whole body, and like Zumba, it will just feel like your dancing and having fun, not really "working out" !