



SATELLITE LOCATION – JJVA
8457 Western Way, Jacksonville,
FL 32256



STRONG
BY ZUMBA™



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BY ZUMBA™

Are **YOU** ready to take it to the **NEXT LEVEL?**

STRONG by Zumba™

**High Intensity Interval Training
Classes at Studio Jear**

FRIDAYS

6:00PM TO 7:00PM

Perfect For

**Fitness enthusiasts and students
looking for a more challenging, high
intensity interval training workout.**

www.zumbajear.com

note – class days and times may change based on clientele feedback



**NO MEMBERSHIP FEES
OR CONTRACTS!**

STRONG by Zumba™ is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use **your own body weight** as resistance to achieve muscle definition. There are movements inspired by dance but these are limited compared to a Zumba® class, so it's perfect for those not comfortable in a full-out dance class.

COST: \$8

Cash, debit or credit card



**STUDIO JEAR GROUP
FITNESS**

PHONE: (904) 733-3724

**EMAIL:
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