



STRONG
BY ZUMBA™



Are **YOU** ready to take it to the **NEXT LEVEL?**
Introducing Music-Led Interval Training
First **FULL STRONG** by Zumba™
Classes at Studio Jear:

THURSDAYS

9:00AM TO 10:00AM

FRIDAYS

6:00PM TO 7:00PM

(there will be regular Zumba Class on Sept 17th - 10:30am to 11:30am)

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

- Monthly Passholders – this class is **INCLUDED!**
Cash, debit or credit card



STUDIO JEAR GROUP
FITNESS

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LIKE US ON FACEBOOK!

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