Studio Z FITNESS
EST. 2011

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
ZUMBA FRIDAY MORNINGS IS BACK @ 9:30AM!	**1** 6PM ZUMBA® 7PM ZUMBA® GOLD 8PM ZUMBA®W/LIGHTS!	**2** 6PM BARRE ABOVE™ 7PM ZUMBA® 8PM MIXXEDFIT®/TURN UP™	**3** 6PM ZUMBA® TONING 7PM YIN YOGA(SM SUITE) 7PM MIXXEDFIT®/TURN UP™	**4** 6PM POUND® 7PM ZUMBA®W/LIGHTS!!	**5** 9:30AM ZUMBA® 6PM ADULT TAP 7PM MIXXEDFIT® TAP DANCE	**6** 9:30AM ZUMBA® 10:30AM TOTAL BODY TONE UP 11:30AM YOGA
7	**8** 6PM ZUMBA® 7PM ZUMBA® GOLD 8PM ZUMBA®W/LIGHTS!	**9** 6PM BARRE ABOVE™ 7PM ZUMBA® 8PM MIXXEDFIT®/TURN UP™	**10** 6PM ZUMBA® TONING 7PM YIN YOGA(SM SUITE) 7PM MIXXEDFIT®/TURN UP™	**11** 6PM POUND® 7PM ZUMBA®W/LIGHTS!	**12** 9:30AM ZUMBA® 7PM MIXXEDFIT®	**13** 9:30AM ZUMBA® 10:30AM TOTAL BODY TONE UP ~~11:30AM YOGA~~ *(NO YOGA TODAY)*
14	**15** 6PM ZUMBA® 7PM ZUMBA® GOLD 8PM ZUMBA®W/LIGHTS!	**16** 6PM BARRE ABOVE™ 7PM ZUMBA® 8PM MIXXEDFIT®/TURN UP™	**17** 6PM ZUMBA® TONING 7PM YIN YOGA(SM SUITE) 7PM MIXXEDFIT®/TURN UP™	**18** 6PM POUND® 7PM ZUMBA®W/LIGHTS!	**19** TAP DANCE 9:30AM ZUMBA® 6PM ADULT TAP 7PM MIXXEDFIT®	**20** 9:30AM ZUMBA® 10:30AM TOTAL BODY TONE UP 11:30AM YOGA
21	**22** 6PM ZUMBA® 7PM ZUMBA® GOLD 8PM ZUMBA®W/LIGHTS!	**23** 6PM BARRE ABOVE™ 7PM ZUMBA® 8PM MIXXEDFIT®/TURN UP™	**24** 6PM ZUMBA® TONING 7PM YIN YOGA(SM SUITE) 7PM MIXXEDFIT®/TURN UP™	**25** 6PM POUND® 7PM ZUMBA®W/LIGHTS!	**26** 9:30AM ZUMBA® 7PM MIXXEDFIT®	**27** 9:30AM ZUMBA® 10:30AM TOTAL BODY TONE UP 11:30AM YOGA
28	**29** 6PM ZUMBA® 7PM ZUMBA® GOLD 8PM ZUMBA®W/LIGHTS!	**30** 6PM BARRE ABOVE™ 7PM ZUMBA® 8PM MIXXEDFIT®/TURN UP™	**31** 6PM ZUMBA® TONING 7PM YIN YOGA(SM SUITE) 7PM MIXXEDFIT®/TURN UP™			

10 YEAR STUDIO Z ANNIVERSARY SALE
10 PASSES FOR $50!!!
(NO LIMIT, PASSES EXPIRE IN 6 MONTHS)
Join us in the studio or on Zoom! Be sure you sign up for the correct class on Mindbody!

DROP-INS ALWAYS WELCOME FOR $8 CLASS PASS PACKAGES: 4 PASSES FOR $30, 8 - $56, 11 - $70 (PLEASE NOTE ALL PASSES EXPIRE 6 MONTHS AFTER DATE OF PURCHASE)
ZOOM CLASSES: PLEASE SIGN IN TO THE "ZOOM" CLASS ON MINDBODY NO LATER THAN 30 MINUTES PRIOR TO CLASS TO RECEIVE THE LINK. LINKS ARE EMAILED OUT ABOUT 15 MINUTES PRIOR TO CLASS.

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.

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 ndividual 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™ - 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.

TOTAL BODY TONE UP – Approximately 1 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.

POUND – Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums! Class is just under an hour and you'll be provided with a mat & Ripstix.® It's a super fun & different type of workout!

- 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

MORE CLASSES COMING SOON!

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PLEASE NOTE ALL PASSES EXPIRE 6 MONTHS AFTER DATE OF PURCHASE