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Let it Move You™

scwfit.com/CECS



A Zumba® Class has all the energy, excitement, moves, grooves, rhythms, and FUN that people have come to expect!

PERFECT FOR

Everybody and everybody! Each Zumba® class is designed to bring people together to sweat it on.

HOW ITWORKS

We take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness session to get you movin'! Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

BENEFITS

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Let it Move You™



Zumba® Toning

Zumba® Toning incorporates all the amazing energy of a standard Zumba® class, together with light weight resistance training. Using toning sticks, students get their hearts and muscles pumping while dancing along to the newest routines.

PERFECT FOR

Those who want to get movin', but put extra emphasis on toning and sculpting to define those muscles!

HOW ITWORKS

The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

BENEFITS

Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.



Let it Move You™



Zumba Gold®

Zumba Gold® is designed to take exciting Latin and International rhythms created in the original Zumba® program and bring them to the active older adult, beginner and special populations.

PERFECT FOR

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

HOW IT WORKS

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

BENEFITS

Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance!

Let it Move You™



Aqua Zumba®

Aqua Zumba® brings Zumba® into the pool by incorporating high energy, dynamic moves to give you fantastic toning benefits from the water!

PERFECT FOR

Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

HOW ITWORKS

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you won't want to miss!

BENEFITS

Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.



Let it Move You™



STRONG by Zumba®

STRONG by Zumba® is a revolutionary high-intensity workout where every move is synced to a beat, pushing you harder to give it everything you've got, and then some.

Feel every beat. Sync every move. Work every muscle.

Perfect For

Fitness enthusiasts looking for a challenging total-body workout that pushes them past their perceived limits to reach their most ambitious goals.

How It Works

Get ready to build strength and stamina doing burpees, jumping jacks, lunges, squats, and kickboxing to music that's reverse-engineered so each move is perfectly synced to the beat, pushing you to discover what you're really capable of.

Benefits

This intense class stimulates a higher caloric burn—both during and after the workout ends. When you're powered by STRONG by Zumba® exclusive music, you're motivated to push harder so you see results faster.

LetItSyncIn™

