



I WILL BE **FITTER**. I WILL BE **FASTER**.
I WILL BE
STRONGER.



STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.



STRONG
BY ZUMBA™



WORK EVERY MUSCLE

Using your own body weight, you will improve muscular endurance, tone and definition.



FEEL THE AFTERBURN

The high intensity intervals will get your body burning calories long after your workout.



GET STRONGER, FASTER

By working harder than you thought you could, you'll see results faster and accomplish more ambitious fitness goals.

Onelife
FITNESS