



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARTY YOURSELF INTO SHAPE



The Zumba® Experience The Original Dance-Fitness Party

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.



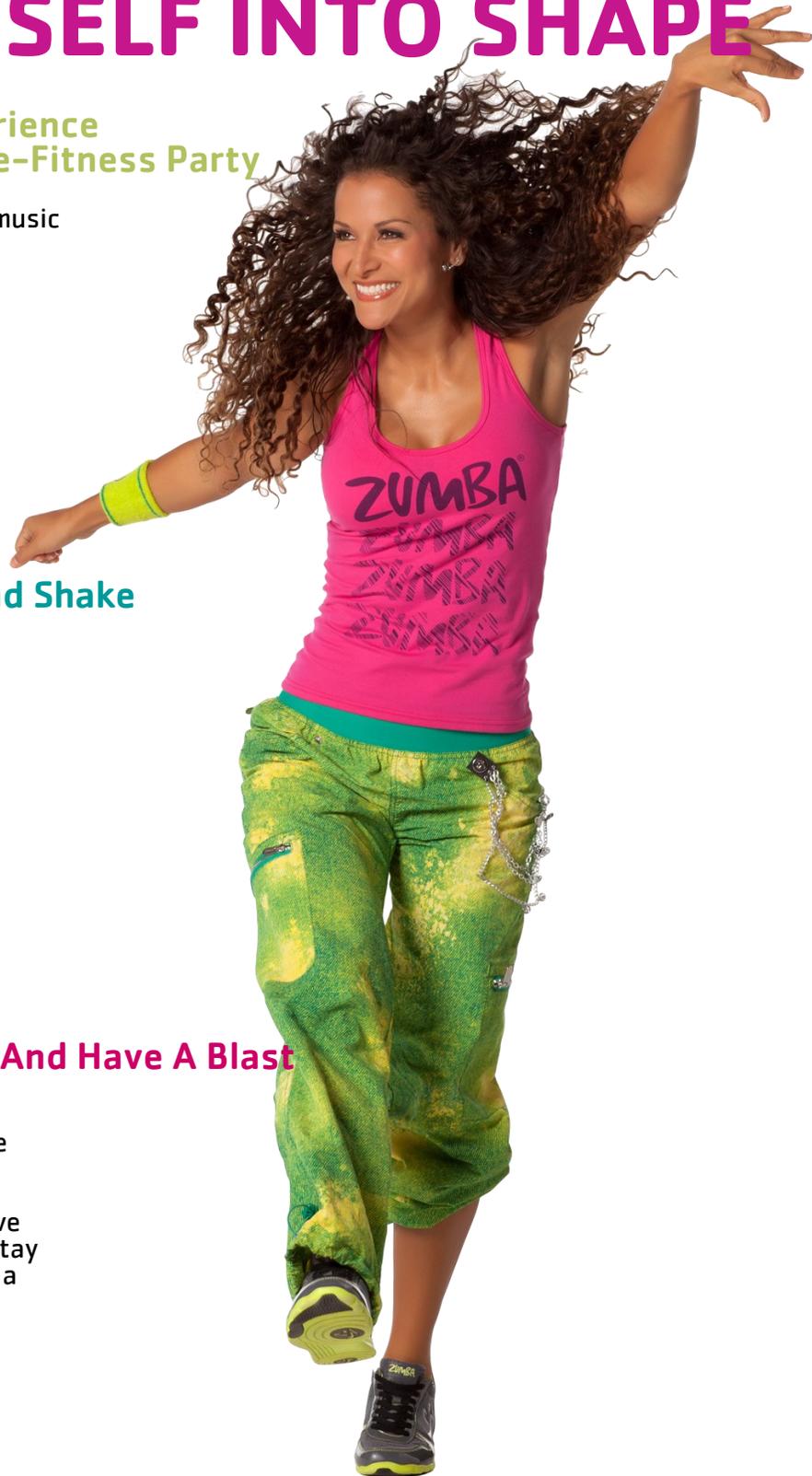
Aqua Zumba® Just Add Water And Shake

Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.



Zumbatomic® Get Fit, Rock Out ,And Have A Blast

Zumbatomic® classes are high-energy fitness-parties that offer real results. Packed with specially choreographed routines and the latest music - like hip-hop and reggaeton - Zumbatomic classes increase focus and self-confidence, boost metabolism and improve coordination. More than just a great way to stay active and healthy, Zumbatomic classes offer a welcoming and upbeat atmosphere for kids.





Zumba® Toning **Rockin Party. Rock Hard Body.**

When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast.



gold toning

Zumba®Gold- Toning **Muscle Toning For The Young At Heart**

It's the dance-fitness party that moves at your pace - and more! Shake and sculpt your way to a healthy body for an active lifestyle. Whether you're an active adult or just starting your fitness journey - the Zumba® Gold-Toning Program combines the enticing international rhythms of a slower-paced Zumba® Gold dance-fitness class with the sculpting moves of a Zumba® Toning class, creating an easy-to-follow, health-boosting dance-fitness program anyone can enjoy!



Zumba Gold® **Get Groovin' At Your Own Pace**

The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® provides modified, low-impact moves and easy-to-follow pacing for a healthy, active lifestyle!