

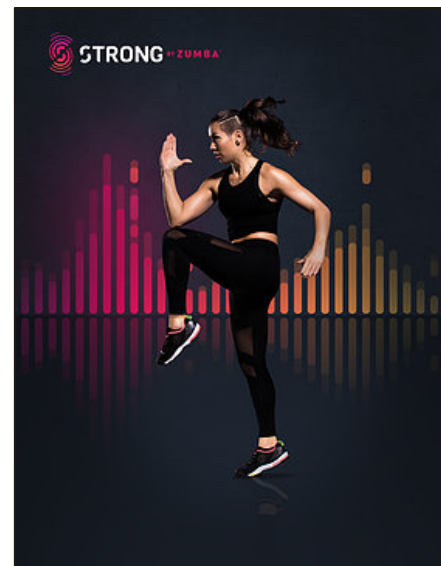
STRONG by ZUMBA™

With Shiri Briseno

Tuesday & Thursday

6am

STRONG by ZUMBA™ is a high intensity interval training workout driven by the science of Synced Music Motivation. Songs are reverse engineered to match every move, driving the intensity in a challenging progression that provides a total body workout. This class will push you past your limits to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased after burn. The result is a group fitness experience unlike any other.



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.