

STRONG BY ZUMBA

INTRODUCING MUSIC-LED INTERVAL TRAINING

High Intensity Interval Training

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. With most workout programs, music is an afterthought. The music in STRONG by Zumba™ is crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A group fitness experience like no 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.