



NEW!!! STRONG 30™

With Mar Bravo

Starting March 20

STRONG 30™ packs a challenging total-body workout into 30 minutes. This efficient and focused class helps you fit fitness into any schedule.

P.D. No dance movements involved



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.

INTRODUCING
MUSIC-LED
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.

The Hungry Mind
Wednesday from 9 to 9:30

Sign up at

www.thehungrymind.nl

Or text 0640270644

To reserve your spot

mmarbravo@hotmail.com