



# STRONG

BY ZUMBA™

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.

**Perfect for fitness enthusiasts and students  
looking for a more challenging, high  
intensity interval training workout.**

**TUESDAYS & THURSDAYS**

**7:00pm**



1243 S. Riverside Ave., Rialto CA  
92376

**CALL TODAY! (909) 820-2611**



## 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.