

# FITNESS MIX



## ZUMBA + H.I.I.T. + STRETCHING

Stop counting the reps. Start training to the beat. **FITNESS MIX** combines ZUMBA, H.I.I.T. and stretching. Body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep and finally with series of stretching.

In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. **Zumba**® instructors change up the music and moves frequently to make sure you're always challenged to the max.

**Fee:** \$150 per class

**Venue:** Squash Court B

**Age Group:** 13 years and above

**Time:** 5:00pm-6:00pm

**Date:** **Every Monday**  
(min 4 participants to run)

**Instructor:** Zin Girlie Lorilla



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