



ZUMBA® FITNESS. MOVING THE WORLD TO A NEW BEAT!

Studio Z Ltd. was established to respond to the growing need for increased health and wellness in Trinidad & Tobago. Its goal is to provide its clients with quality health and fitness services in the areas of Zumba fitness, personal training and nutrition.

Studio Z's vision is to be a trusted leader and innovator in personal training and fitness services. The Company's mission is to provide its clients with a fun and exhilarating way to stay fit and remain healthy.

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Let's face it, working out can be healthy, rewarding and beneficial. Working out can be lots of things, but it's never been known to be an exhilarating experience...**UNTIL NOW!**

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

In the past years, the Zumba® program has become nothing short of a revolution, spreading like wildfire, and positioning itself as the single most influential movement in the industry of fitness. Since its inception in 2001, the Zumba program has grown to become the world's largest – and most successful – dance-fitness program with more than 12 million people of all shapes, sizes and ages taking weekly Zumba classes in over 110,000 locations across more than 125 countries. It has changed the lives of Zumba® Fanatics worldwide and has recently been rated one of the top 6 fitness programs in the world!

Certified Zumba Instructor/ Zumba Instructor Network Member & Personal Trainer, **Sharon Diaz**, has brought this exciting phenomenon to Trinidad & Tobago in 2010 and is expressing interest in bringing the Zumba Fitness-Party™ to you and your organisation. Join us as we continue to expand into health clubs, living rooms, schools, community centers, YMCAs, corporations and any other empty room where you can pump up the volume and live the Zumba® experience!

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