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EXHILARATE PROGRAM

Zumba® program, start with the Quick Start

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PROGRAM GUIDE - [img.hsni.com](http://img.hsni.com)

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PROGRAM GUIDE The Zumba Fitness Exhilarate program focuses on the fact that that exercising can produce results while still being fun - and it more than delivers on that promise. More Zumba Fitness Parties. You might also be interested in one of these other Zumba Fitness DVD sets. Zumba Exhilarate 7 DVD Kit | Zumba Fitness Shop

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Zumba Exhilarate Program Guide Pdf Zumba Exhilarate Slim And Tone Weight Loss Workout



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Be Friends

Zumba - Ditch the Workout, Join the Party  
If you're looking for a fun way to dance off the pounds, look no further than Zumba Fitness. It's an exhilarating, calorie-burning dance system that blends up-beat Latin tunes and contagious steps to form a 'fitness-party' that's downright addictive.

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The 11 Best Workout DVDs of 2020

Our packaged DVD sets (e.g., the Zumba® Exhilarate™ Body Shaping System DVD collection) and product bundles are returnable only if all original contents (e.g., all DVDs, Exhilarate™ DVD collection program guide and two Toning Sticks) are returned in their original packaging.

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Zumba Toning Sticks to help you shake, rattle and rock your way to sexy, leaner muscles, as well as the Exhilarate Program Guide featuring a 10-day weight loss plan and more. The fourth DVD has two workouts, "Mix" and "Ripped-Toning." "Ripped-Toning" only consists of a workout with Toning Sticks.



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