

ZUMBALATES



Created by Dana The Trainer

La méthode exclusive de Dana The Trainer



Saturdays | Samedis



11:00 AM



Sports Complex St-Raphaël



*** The class that moves your body and resets your mind. ***

Zumbalates is Dana's signature fitness method, a dynamic blend of Zumba cardio, Pilates strength, mobility, and flexibility.

It's a full-body workout designed to energize your heart, tone your muscles, and boost your mood.

◆ All levels welcome, men and women of all ages!

*** Le cours qui fait bouger ton corps et reconnecte ton esprit. ***

Zumbalates est la méthode exclusive de Dana, une fusion dynamique de cardio Zumba, force Pilates, mobilité et flexibilité.

Un entraînement complet qui dynamise ton cœur, sculpte ton corps et élève ton énergie.

◆ Ouvert à tous, hommes et femmes, tous les niveaux!

JOIN THE MOVEMENT. FEEL THE RHYTHM. BUILD YOUR STRENGTH.

Follow for more classes and community events →



@DanaTheTrainerMtl

www.danathetrainermtl.com