



Tami Brzozowski, BS  
Wellness Center Manager  
361-275-9355  
tamib@cuerohospital.org

701 N. Esplanade  
Cuero, TX 77954

## Press Release

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### **Cuero Wellness Center: Free demo class of STRONG by Zumba offered at Cuero Wellness Center**

**Cuero, Texas:** Cuero Wellness Center is excited to announce an upcoming demo class of world favorite, high-intensity beat-synced workout STRONG by Zumba to its facility on November 12 at 5:45 p.m. In a distinctive step, the STRONG by Zumba workout is redefining the high-intensity experience through music, crafting custom-made beats that are reverse-engineered to match every move throughout the workout. This class pushes participants past perceived limits with the notion that music is not just an afterthought, but also the essence of the program's success.

"STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music specifically designed to match each routine. Our participants will burn calories and complete more reps than ever before, while toning arms, legs, abs and glutes—the class truly fulfills on its promise, providing a full-body, calorie-torching workout with real results," said Tami Brzozowski, Manager of Cuero Wellness Center. "We are excited to unleash this demo to our members, as well as share the experience with non-members for a glance into all the great opportunities available at Cuero Wellness Center."

Emphasizing music as the main motivator, workouts feature fast-paced beats such as EDM, techno, house, drum, dubstep, hip-hop, and fusion genres including Moombahton, which will keep participants focused on the moves instead of counting repetitions.

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Watch the **video** for a STRONG by Zumba preview:

<https://www.youtube.com/watch?v=xTi8N9dCGmE&feature=youtu.be>

For more information about the STRONG by Zumba program, visit **their website**:

<https://strong.zumba.com/en-US>

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### **About STRONG by Zumba**

STRONG by Zumba is a non-dance, music-led, high-intensity training exercise class that combines bodyweight, muscle conditioning, cardio, and plyometric training moves. The routines were created first and then music was reverse-engineered to match every move perfectly, for a unique workout experience that pushes you past your perceived limits. This new concept, which emphasizes music is the main motivator, allows you to burn more calories while toning abs, legs, arms, and glutes. The STRONG by Zumba workout is complemented by athletic apparel and footwear. Instructors can opt to receive exclusive music, routines, marketing materials, and support by joining SYNC, the STRONG by Zumba Network. For more information and to find a class, visit **the Strong by Zumba website**: <https://strong.zumba.com/en-US>