

WHAT'S THE DIFFERENCE?

ZUMBA + LIFT™
ZUMBA® TONING
STRONG NATION®

FEATURES	ZUMBA® TONING	ZUMBA+LIFT™	STRONG® NATION+WEIGHTS™
 EQUIPMENT	Toning Sticks or light dumbbells (1–3 lbs)	Heavier Dumbbells (5–15+ lbs), resistance bands	None or dumbbells (Quadrant 4 only, 5–15+ lbs)
 CLASS STRUCTURE	Continuous dance with light resistance	Alternating dance & lifting segments	HIIT quadrants synced to music, optional weighted Quadrant 4
 MUSIC	Latin/world rhythms	Latin/world rhythms + strength-friendly tracks	Custom-created to match every move. Non-dance music
 MOVEMENT STYLE	Zumba® choreography with light resistance	Separate Zumba® choreography and strength training	Athletic drills; with weights (Q4 only) weighted finish
 FOCUS	Muscle endurance, toning definition, coordination	Build muscle strength, size, endurance, and power while enhancing cardiovascular health and supporting bone density	Athletic performance, strength, cardio; optional weights add total-body muscle challenge
 TARGET AUDIENCE	Dance lovers wanting light sculpting	Anyone wanting dance + serious lifting	High-intensity fitness seekers (with or without weights)
 IMPACT LEVEL	● Low–Moderate	● Moderate–High	● High
 SAFETY CONSIDERATION	Low impact, accessible for a wide range of participants	Segmented design supports proper form and lifting safety	Emphasize progression, and recovery in high-intensity formats