



# حملي التطبيق



## Fit by Wix

The fitness on the go



47 RATINGS

4.9



AGES

4+

Years

CATEGORY



Health & Fitness

## What's New >

Version 2.116325.0

3w ago

This release includes bug fixes and performance improvements.

## Preview

Fit by Wix

Book, manage,  
pay and train on  
the go.



Today



Games



Apps



Arcade





# افتحي التطبيق



## Fit by Wix

Take fitness on the go



Open

47 RATINGS

4.9



AGES

4+

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Health & Fitness

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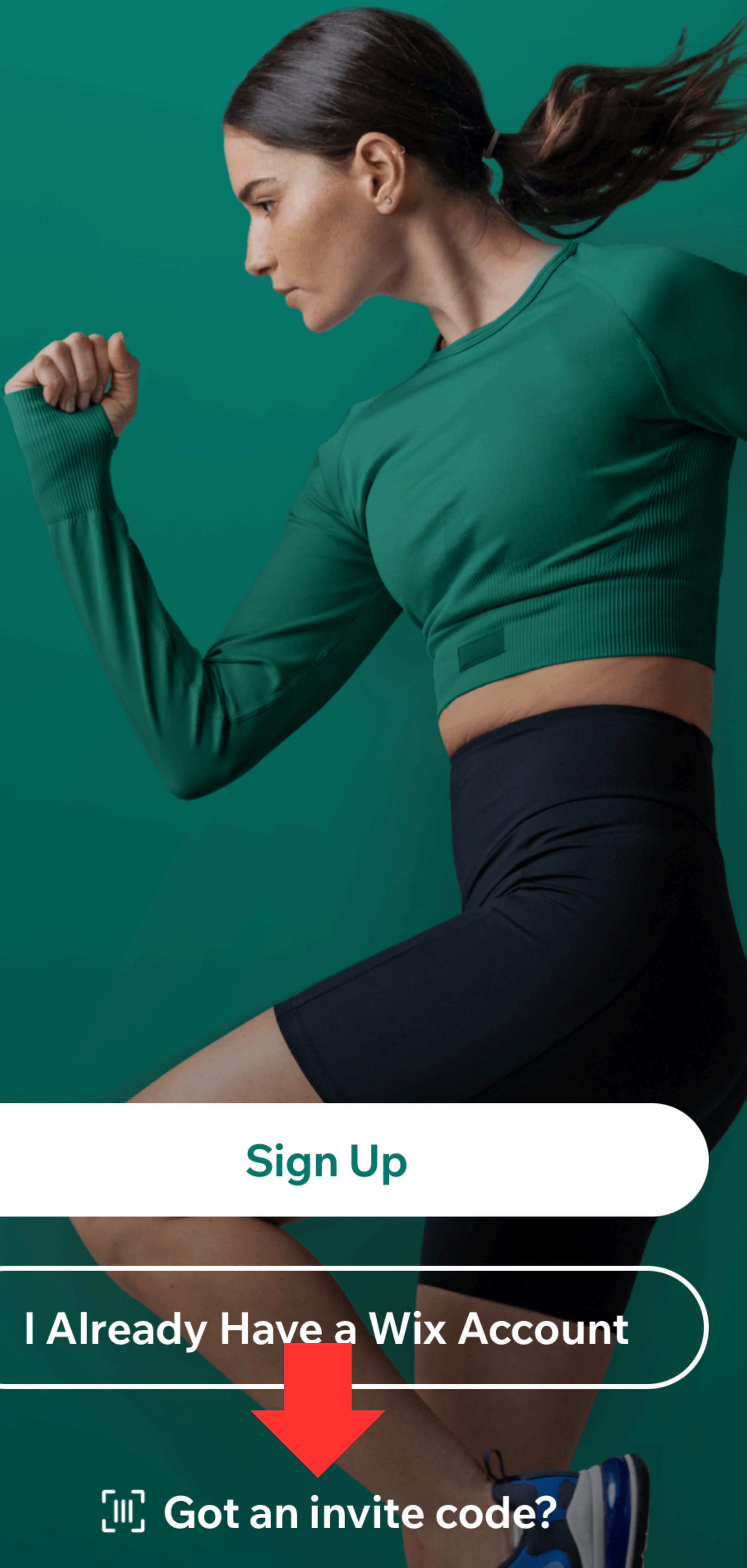


Arcade



# Fit

by Wix



[Sign Up](#)

[I Already Have a Wix Account](#)

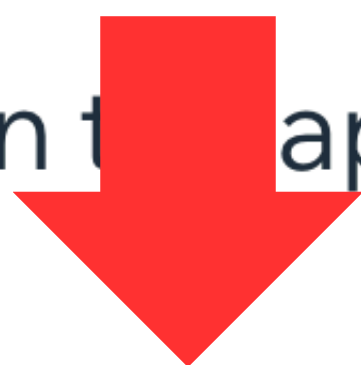


 Got an invite code?



## Join a Site with an Invite Code

If you got a site's invite code, enter it here to become a member of that site on the app.



**DM3YSI**

---

**Join**

 **Find your invite code**

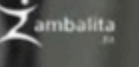
4:55



App Store



ZAMBALITA FIT  
IT'S NOT JUST ABOUT DIET.










# ZambalitaFit

It's Not About Diet!

<https://www.zambalitafit.com>

What you can do on this site:

-  Buy products
-  Book services
-  Read blog posts
-  RSVP to events
-  Participate in online programs
-  View pricing pla
-  Join groups



**Join**

Once you join "ZambalitaFit", all other members will be able to see your profile, info & activity, and interact with you.

[Change Privacy](#)



# Let's Get Started

Create an account to continue



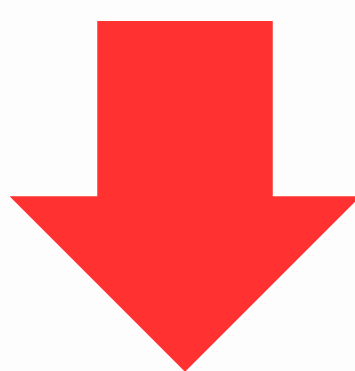
**Continue with Google**



**Continue with Apple**



**Continue with Facebook**



**Continue with Email**

By signing up you agree to Wix [Terms of Use](#), to get email & updates, and you acknowledge that you have read our [Privacy Policy](#).

# Sign up with Email

Enter your email

██████████25@hotmail.com

يرجى إدخال بريدك الإلكتروني

Continue





# Create Your Password

Password

**Must have at least 6 characters.**

It's better to have:

- Upper & lower case letters
- Symbols (#\$&)
- A longer password

Confirm password



ZAMBALITA FIT  
IT'S NOT JUST ABOUT DIET



## ZambalitaFit

It's Not About Diet!

[General Info >](#)

### **"Fit by Wix" Would Like to Send You Notifications**

Notifications may include alerts, sounds, and icon badges. These can be configured in Settings.

**Don't Allow**

**Allow**

### **It's Not About Diet**

After 40, your body changes. Hormones shift. Energy fluctuates. Recovery takes longer. Zambalita30 respects that. This is not a crash diet. Not a high-intensity



ZAMBALITA FIT  
IT'S NOT JUST ABOUT DIET.



# ZambalitaFit

It's Not About Diet!

[General Info >](#)

 [Invite](#)

[Book Now](#)

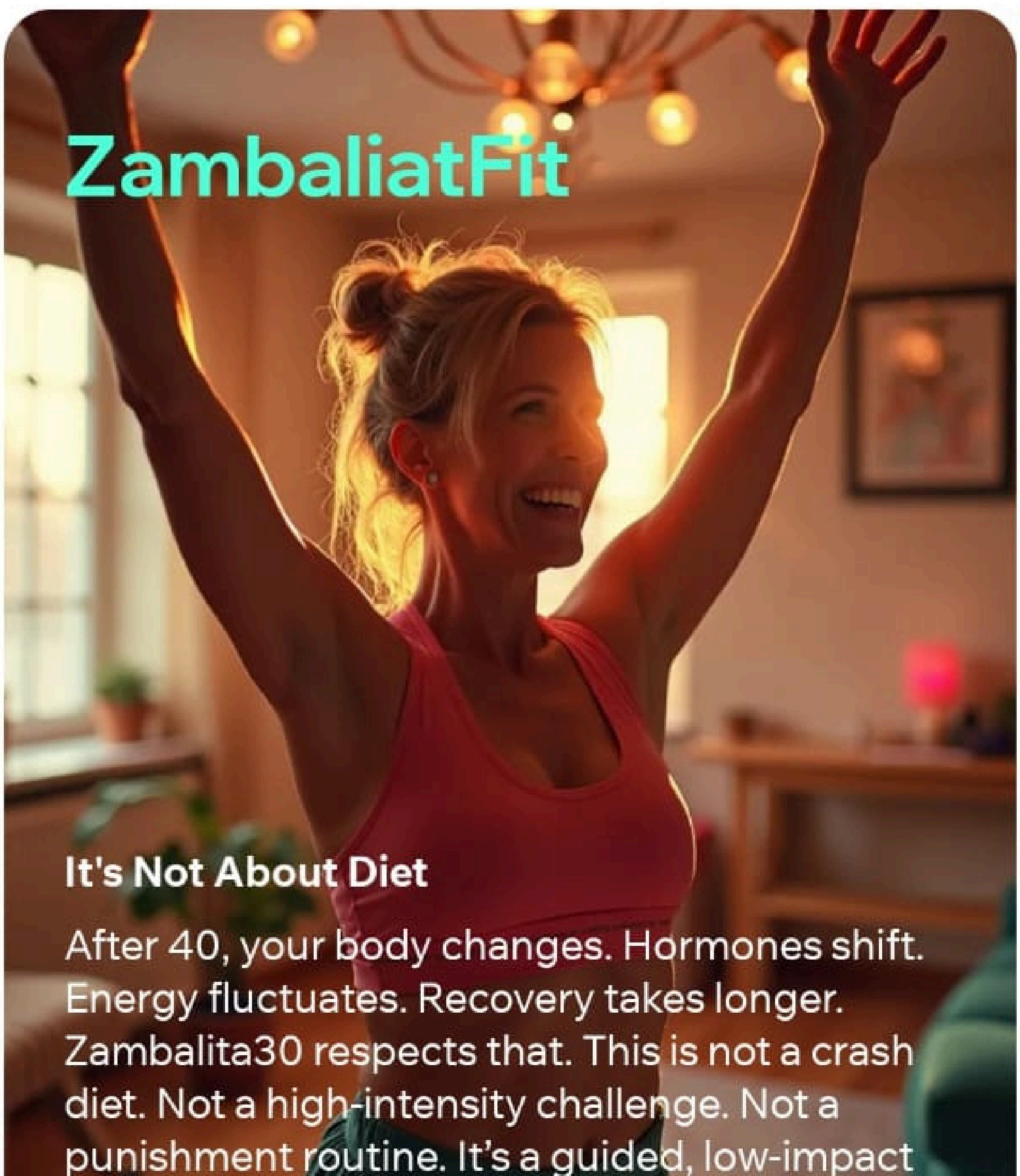


[Home](#)

[Zambalita30](#)

[Services](#)

[Pricing Plans](#)



## ZambalitaFit

### It's Not About Diet

After 40, your body changes. Hormones shift. Energy fluctuates. Recovery takes longer. Zambalita30 respects that. This is not a crash diet. Not a high-intensity challenge. Not a punishment routine. It's a guided, low-impact



# ZambalitaFit

It's Not About Diet!

[General Info >](#)

 [Invite](#)

[Book Now](#)




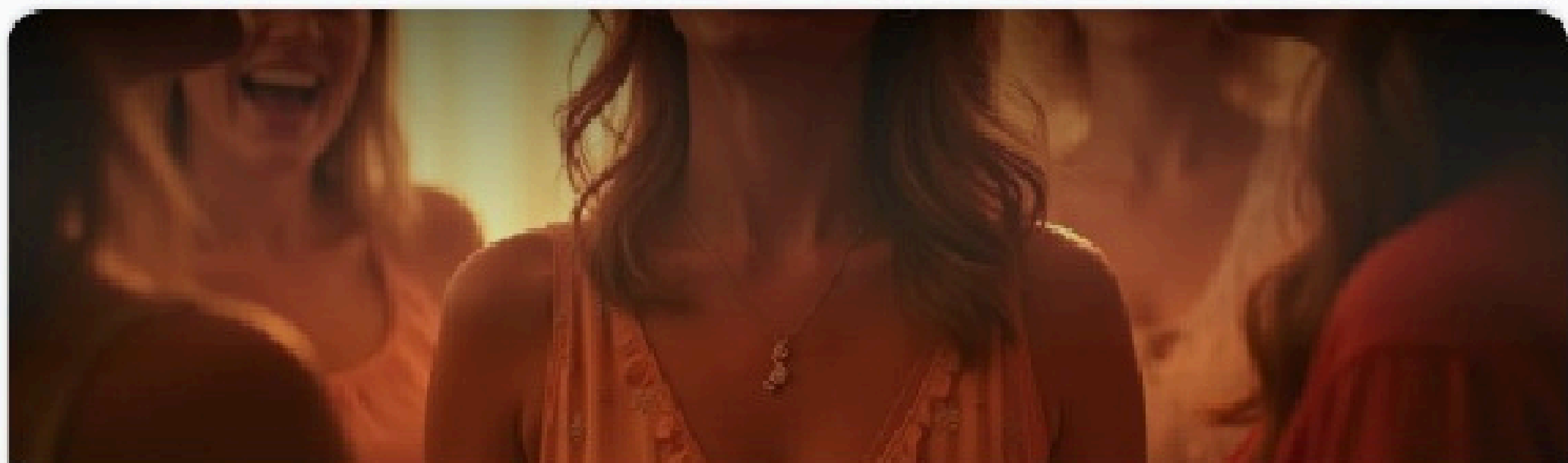
[Home](#)

[Zambalita30](#)

[Services](#)

[Pricing Plans](#)

All Programs, All Categories 

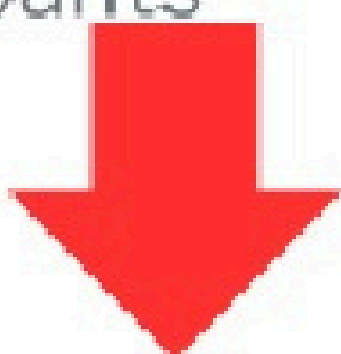


## Zambalita30 | Your Complete Journey for Weight Loss!

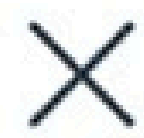
30 Days

Public · 16 Participants

Prices Vary



[Join & Pay](#)



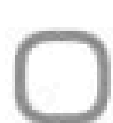
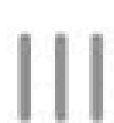
## Pick a Start Date

You can start your program  
whenever you'd like.

Mar 20, 2026 ▾

---

**Get Started**



# ← Select Payment Option

## Buy Pricing Plan

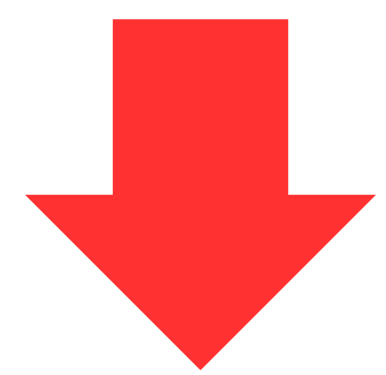
Join this program with a plan.

### Zambalita30

A structured 30-day program with simple daily exercises designed for women over 40 to rebuild strength, consistency, and confidence while developing sustainable, healthy movement habits.

30!ء

Valid for 2 months

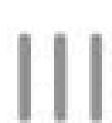


Select

Show Benefits ▾

### Super Wellness

A complete wellness program for women over 40 combining personalized nutrition plans, expert guidance, healthy recipes, and 60 live classes, and art



# ← Plan Summary

## Zambalita30

A structured 30-day program with simple daily exercises designed for women over 40 to rebuild strength, consistency, and confidence while developing sustainable, healthy movement habits.

Price 30.00 ج.د

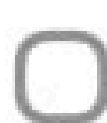
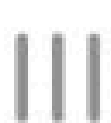
Start date Select during checkout

Duration 2 months

**Total today 30.00 ج.د**

**Checkout**

Final price with tax rates will be determined during checkout.



# ← Checkout


## Zambalita30

Starts Mar 20, 2026

Valid for 2 months

 Plan starts  
**Today**

[Change](#)

 ادخلي الكود  
Coupon not added

[Enter](#)

**april**

**Total**

30.00 د.ا

I have read and accept the [plan policy](#).

**Continue to Payment**

# ← Checkout

## Zambalita30

Starts Mar 20, 2026


Valid for 2 months

 Plan starts **Today** [Change](#)

 Coupon code **Mothersday30** [Remove](#)

Subtotal 30.00د.ا

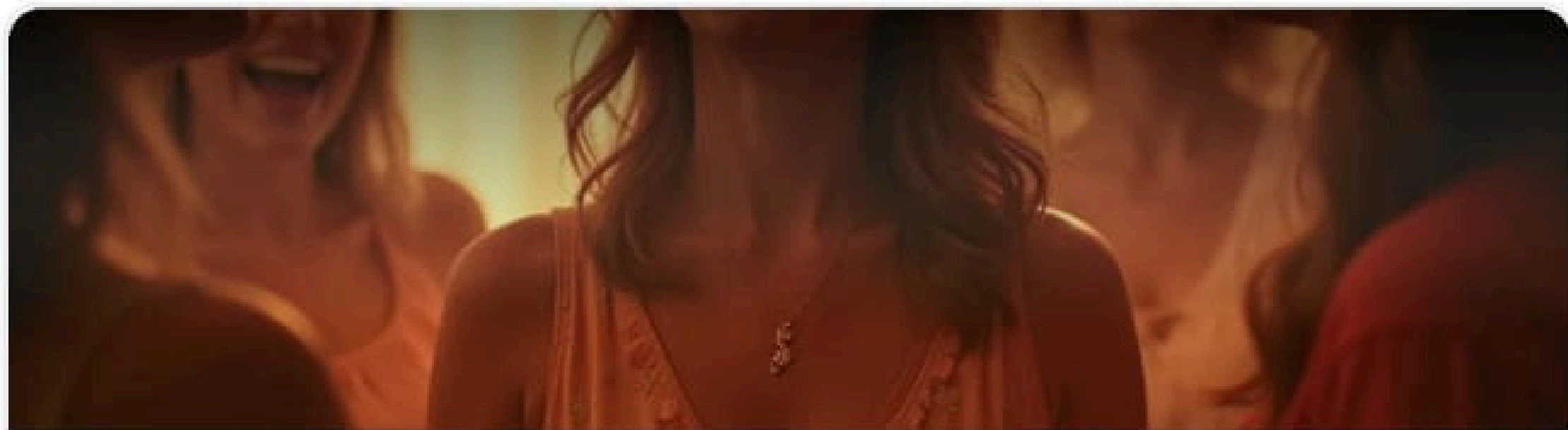
Coupon discount 30.00د.ا-

**Total** 0.0د.ا 

I have read and accept the [plan policy](#).

  
**Get Plan**

All Programs, All Categories ▾



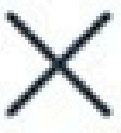
## Zambalita30 | Your Complete Journey for W...

30 Days

Public · 21 Participants

Included in your plan

[Join](#)



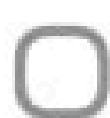
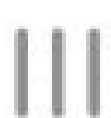
## Pick a Start Date

You can start your program  
whenever you'd like.

Mar 20, 2026 ▾

---

**Get Started**





Home

**Fit Journey**

Services

Pricing Plan

All Programs, All Categories ▾

✓ You're a Participant

## Zambalita30 | Your Complete Journey for Weight Loss!

Started on Mar 15, 2026 · Day 1 of 30

0% Steps Complete

**Continue**



# Zambalita30 | Your Complete Journey for Weight Loss!

Public · 30 Days · 17 Participants

Overview

**Content**

## WEEK 1

15  
MAR



Welcome To Zam...



02:12



Week One – Just...



Safety Tips



00:41



Arm Circles F&B



01:35



Water



00:48



Butt Kicks



01:25



# Video

Required to watch

## Welcome To Zambalita30



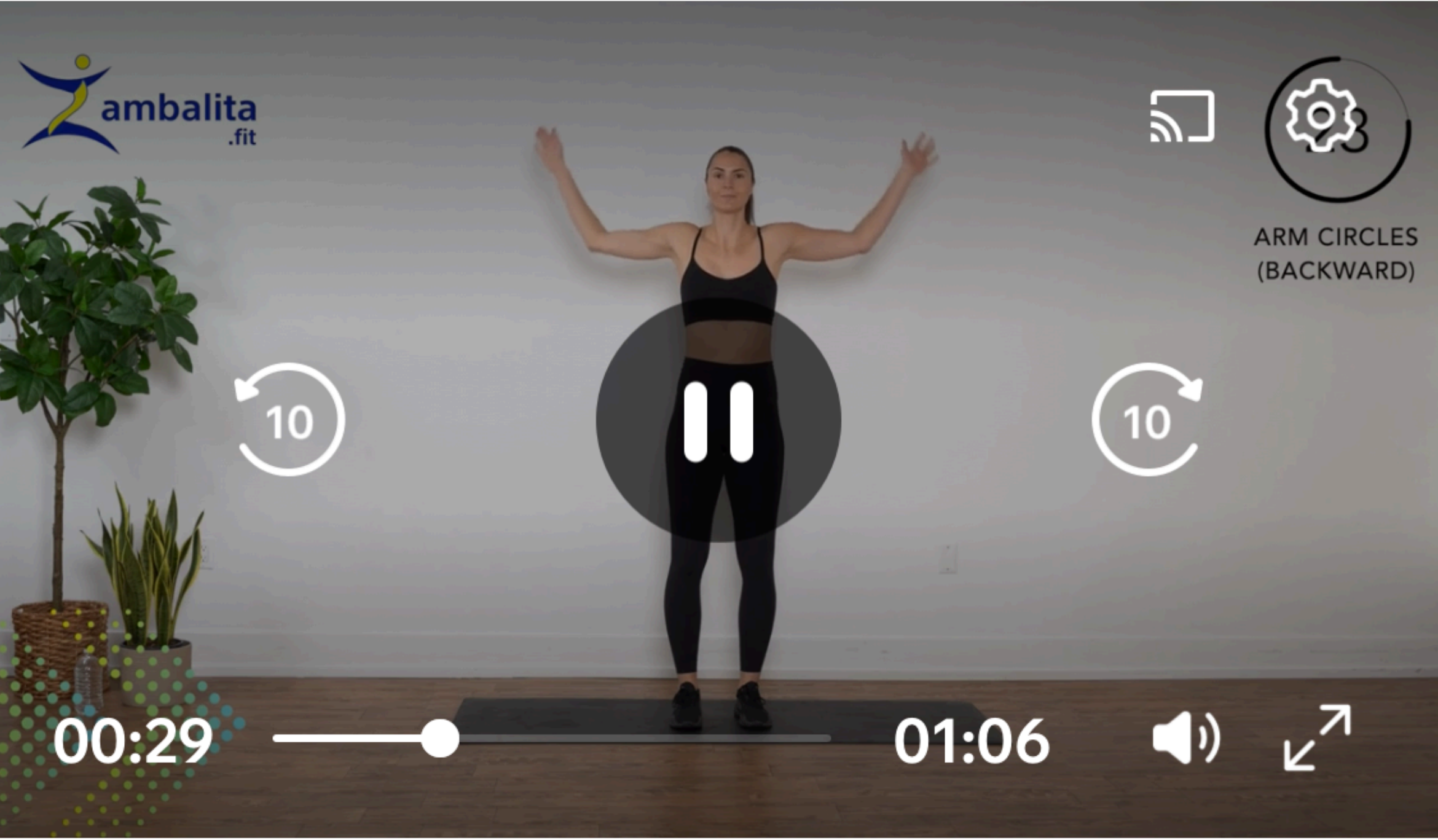
✓ **Mark as Complete**



## Video

Required to watch

### Arm Circles F&B



### ملاحظة:

فيديوهات التمارين تفتح بالترتيب فقط، ولن تتمكني من فتح الفيديو التالي قبل إتمام الفيديو السابق، لأن ترتيب التمارين مدروس بعناية من مدربات معتمدات لتحقيق أفضل نتيجة.

✓ Mark as Complete